

## EQUIPMENT LIST

# Run

It is mandatory that at all Adventurethon Events athletes carry water on them.

### **Mandatory – ALL COURSES**

- 2 Compression Bandages or Snake Bandage
- Water - Hydration pack or a race belt/ vest

### **Highly recommended (all courses)**

- Electrolytes and Carbohydrates as necessary during the event. Can be gels or as a liquid in a hydration pack
- Trail shoes
- Hat
- Sunglasses
- Ankle strapping (if prone to rolling)
- Rain Jacket or thermal under top (May change to mandatory based on weather)

**Competitors without the mandatory equipment will be immediately disqualified and not allowed to continue.**

**Phone with emergency HQ contact 0447496489 recommended**