



Mandatory Equipment

Failure to carry mandatory equipment = immediate disqualification

Paddle

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

Mandatory ALL COURSES

- Kayak, surf ski, canoe, SUP, Outrigger etc – trailing rudder or no rudder only.
- Paddle
- Personal flotation device (PFD) **Must be L50 or Type 2 (or above)**– *INFLATABLE PFDs ARE NOT ACCEPTABLE. A Small range is available for purchase at Race HQ*
- Helmet (must be Australia Standards Bike helmet or Whitewater helmet)
- Water/Hydration

Highly recommended

- Booties or similar should you need to portage or walk out
- Sunglasses, sun protection, sunscreen, and gloves in case you need to push off bushes
- High visibility clothing
- Gaff/cloth tape, cable ties, etc. in case repairs are needed

Phone with emergency HQ contact 0447496489





Mandatory Equipment

Failure to carry mandatory equipment = immediate disqualification

Run

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

Mandatory ALL COURSES

- 2 Compression Bandages or 1 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
- Running shoes/ Trail shoes
- Socks
- Hat
- Sunglasses
- Shin protection (gaiters or long socks)
- Ankle strapping (if prone to rolling)

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

Phone with emergency HQ contact 0447496489 recommended





Mandatory Equipment

Failure to carry mandatory equipment = immediate disqualification

Ride

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

Mandatory ALL COURSES

- Mountain Bike (aim for at least front suspension)
- Australian Standards Bike Helmet
- 2 Compression Bandages or 1 Snake Bandage
- Water (a hydration pack is recommended as the handling is safer when riding)
- Equipment to repair flat tyre (at least 1 set required). Equipment will vary depending on bike set up but includes pump, CO2 canisters, tubes, foam or slime, tyre levers etc **WARNING – this course has lots of prickles, be prepared for flat tyres, tubeless set up is highly recommended.**
- **Highly recommended**
- Electrolytes and Carbohydrates as necessary during the event CAN BE GELS or as a liquid in a hydration pack
- Mountain bike shoes and gloves
- Chain breaker, spare chain link, and multi tool (for MTB repairs on the go)
- Cycle top or endurance tri top with room for nutrition storage
- Tri shorts or cycle shorts (Available to purchase online – <http://www.adventurethon.com.au/store>)
- Sunglasses
- Sun protection/sunscreen

Phone with emergency HQ contact 0447496489 is recommended

