



MAY
29th - 30th 2021

ADVENTURETHON
CLARENCE VALLEY

EQUIPMENT LIST

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 it is safer when riding)
- Bike Lights – Helmet and/or handlebar mount (pre-test to ensure adequate light and battery charge)
- Equipment to repair a flat tyre (at least 1 set required). Depending on bike set up this equipment may include;
 - Hand pump or a canister or 2 of CO2 for faster inflation
 - spare tubes (dependant on course and bike style look at a tubeless conversion kit or some slime to reduce puncture likelihood)
 - Tyre leavers
 - Tyre foam or slime

Highly recommended

- Electrolytes and Carbohydrates as necessary during the event CAN BE GELS or as a liquid in a hydration pack
- Spare bike light and batteries
- Mountain bike shoes
- Mountain bike gloves
- Chain breaker and multi tool (for MTB repairs on the go)
- Spare chain link
- Cycle top or endurance tri top with room for nutrition storage
- Tri shorts or cycle shorts
- Sunglasses
- Sun protection/sunscreen

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

Phone with emergency HQ contact 0447496489 is recommended

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Paddle

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

Mandatory ALL COURSES

- Kayak, surf ski, canoe, SUP – Must have a trailing rudder or no rudder.
- 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*
- Water/Hydration

Mandatory ULTRA & ENDURO

- Waterproof Jacket
- Whistle
- Gaff/cloth tape to repair any boat damage (at least ½ a roll)

Highly recommended

- Warm clothing (have it packed in waterproof bag)
- Footwear for paddle. Booties or similar in case you need to portage or walk out for evacuation e.g. broken boat
- Gloves
- Spare string and cable ties for boat repairs
- Pocket knife (boat repairs and remove snags)
- Sunglasses & Hat
- High visibility clothing
- Phone in waterproof case

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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
- Whistle

Mandatory – ULTRA & ENDURO

- Rain Jacket
- Thermal under top
- Panadol or similar
- Dressing/Bandaids
- Triangular Bandage
- Emergency Blanket or Bag

Mandatory – TASTE & JUNIOR

- Long sleeve top (able to keep you warm)

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)
- Shin protection (gaiters or long socks)
- Extra socks in waterproof bag (there are river crossings)

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