



March
27th 2021



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
- Whistle

Mandatory – ULTRA & ENDURO

First Aid Kit Containing;

- Panadol or similar
- Dressing/Bandaids
- Triangular Bandage
- Emergency Blanket or Bag

Highly recommended (all courses)

- Waterproof back for all equipment (river crossings)
- Electrolytes and Carbohydrates as necessary during the event. Can be gels or as a liquid in a hydration pack
- Rain Jacket (depending on weather)
- Thermal under top (Ultra/Enduro) or Long Sleeve Top (Taste/Jnr)
- Trail shoes
- Hat
- Sunglasses
- Ankle strapping (if prone to rolling)
- Shin protection (gaiters or long socks)
- Extra socks (there are river crossings)
- Sun protection/sunscreen

Every competitor must carry mandatory equipment, it cannot be shared.
Competitors without the mandatory equipment will be immediately disqualified
and not allowed to continue.



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27th 2021**



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)
- 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 (all courses)

- Electrolytes and Carbohydrates as necessary during the event CAN BE GELS or as a liquid in a hydration pack
- 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

Every competitor must carry mandatory equipment, it cannot be shared.



March
28th 2021



EQUIPMENT LIST

Paddle

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

Mandatory ULTRA & ENDURO

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

Highly recommended (all courses)

- 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

Every competitor must carry mandatory equipment, it cannot be shared. Competitors without the mandatory equipment will be immediately disqualified and not allowed to continue.

Phone with emergency HQ contact 0447496489 is recommended

