



MAY
28th & 29th, 2022

ADVENTURETHON
DWELLINGUP

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 the handling is safer when riding)
- Headlamp or Bike Light (in case you end up on course after dark)
- Equipment to repair a flat tyre (at least 1 set required). Depending on bike set up this equipment may include;
 - Hand pump for MTB or a canister or 2 of CO2 for faster inflation
 - 2 or more 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
- **Phone with emergency HQ contact 0447496489**

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