



MAY
28th & 29th, 2022

ADVENTURETHON
DWELLINGUP

EQUIPMENT LIST

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
- Hat
- Sunglasses, sun protection and sunscreen
- Shin protection (gaiters or long socks)
- Ankle strapping (if prone to rolling)
- **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.