



JUNE
1st & 2nd, 2024

ADVENTURETHON
KALBARRI

EQUIPMENT LIST

Gorge 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

Water is limited in the National Park – Fill your hydration pack before attending.

Highly recommended (all courses)

- Whistle
- Electrolytes and Carbohydrates as necessary during the event. Can be gels or as a liquid in a hydration pack
- Running shoes/ Trail shoes
- Spare socks
- Hat
- Sunglasses
- Shin protection (gaiters or long socks)
- Ankle strapping (if prone to rolling)
- **Phone with emergency HQ contact 0447496489**

**Limited phone signal in area*

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

WWW.ADVENTURETHON.COM.AU



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Paddle

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

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- Kayak, surf ski, canoe, SUP, Outrigger – trailing rudder best to avoid damage or smallest surf rudder you can find
- Paddle
- Water/Hydration

Highly recommended

- **Personal flotation device (PFD) - L50 or Type 2 (or above) preferred**
- Booties or similar should you need to portage or walk out
- Sunglasses, sun protection, sunscreen, and gloves.
- High visibility clothing
- Gaff/cloth tape, cable ties, etc. in case repairs are needed
- **Phone (in waterproof case) with emergency HQ contact 0447496489** **Limited phone signal in area*

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Bigurda Bash Run

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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
- Ankle strapping (if prone to rolling)
- Whistle
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Murchison MTB 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 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

WARNING

This course has A LOT of thorns! BE PREPARED!

Highly recommended

- 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**
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