



The Gorge Adventure Run

31st May 2025

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.



Murchison River Dash

1st June 2025

EQUIPMENT LIST

Paddle

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

Mandatory ALL COURSES

- 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

1st June 2025

EQUIPMENT LIST

Bigurda Bash Run

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Mandatory ALL COURSES

- 2 Compression Bandages or 1 Snake Bandage
- Water - Hydration pack or a race belt/ vest

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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
- **Phone with emergency HQ contact 0447496489**

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Murchison Station MTB



31st May 2025
EQUIPMENT LIST

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**
**Limited phone signal in area*

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disqualified and not allowed to continue.**