

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 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 levers
 - Tyre foam or slime

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

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

Multisport competitors – Must carry the required equipment for the stage they are participating in.

EQUIPMENT LIST

Paddle

Mandatory ALL COURSES

- Kayak, surf ski, canoe, SUP, Outrigger– any type of rudder will be fine (underslung or trailing 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*
- Water/Hydration

Highly recommended

- May need warm clothing (have it packed) in case it's cold
- Handy to have spare string and cable ties just in case you need running repairs
- Sunglasses, sun protection and sunscreen
- High visibility clothing
- Phone in waterproof case

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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

Highly recommended (all courses)

- Electrolytes and Carbohydrates as necessary during the event. Can be gels or as a liquid in a hydration pack
- Trail shoes
- Hat
- Sunglasses
- Ankle strapping (if prone to rolling)
- Rain Jacket or thermal under top (May change to mandatory based on weather)

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**Phone with emergency HQ contact 0447496489
recommended**

Multisport competitors – Must carry the required equipment for the stage they are participating in.