



JUNE

19th & 20th, 2021

ADVENTURETHON

TOWNSVILLE

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 or a canister or 2 of CO2 for faster inflation
 - 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

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



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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
- Phone
- Ankle strapping (if prone to rolling)
- Sun protection/sunscreen

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Paddle

Mandatory ALL COURSES

- Kayak, surf ski, canoe, Outrigger, SUP
- 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**

Highly recommended (all courses)

- Sun protection/sunscreen
- High visibility clothing
- Bag for gear drop at Paddle Transition
- Phone in waterproof case

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