

12km & 21km

RECOMMENDED GEAR CHECKLIST

All competitors must carry the following recommended gear at all times during race day.

Base Torso Layer – A technical t-shirt made of quick-drying fabric such as wool or polypropylene. Cotton, Coolmax, Lycra and compression garments are not recommended.

Thermal Torso Layer – A long sleeved top made from a warm quick-drying fabric such as wool or polypropylene. Cotton, Coolmax, Lycra and compression garments are not recommended.

Waterproof Jacket – Seam sealed with a minimum of 10,000mm waterproofing

Warm Hat – Only compulsory if your jacket has no hood.

Personal First Aid Kit: including bandages, plasters, tape, gauze, whistle and survival blanket.

Warm Tights – we recommend wool or polypropylene tights

Quick Dry Shorts – recommended for added comfort!

Full Fingered Gloves – we recommend wool or polypropylene gloves.

We also recommend carrying pain relief medication (e.g. Panadol) for headaches and electrolyte replacement powder (e.g.

Gastrolyte) for cramps, along with other medications you might need (e.g. prescription or hay fever medication).

