



# Running

## RECOMMENDED GEAR CHECKLIST

It is recommended that all competitors carry the following gear at all times during race day – and allow for extra warm clothing if conditions are unseasonably cold.

- Base Torso Layer – A technical t-shirt made of quick-drying fabric.
- Waterproof Jacket – Seam sealed with a minimum of 10,000mm waterproofing
- Personal First Aid Kit: including bandages, plasters, tape.

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)

- Quick Dry Shorts – recommended for added comfort!