



# 42KM RACE

## MANDATORY GEAR LIST

Participants must either wear or carry ALL of the listed items at all times during the race. In addition to the mandatory gear checks at registration, additional gear checks may be carried out by marshals or at aid stations along the course. Anyone found to be missing items will be withdrawn from the race by the safety team.

- 1 x Seam sealed waterproof jacket with a hood
- 1 x Seam sealed waterproof trousers\*
- 1 x Long sleeve thermal top
- 1 x Thermal bottoms\*
- 1 x Thermal hat/beanie/Buff
- 1 x Thermal gloves\*
- 1 x Whistle
- 1 x Emergency blanket
- Drinking vessel(s) to carry water; bottle, bladder or cup (please note it is a cupless event)

\*Weather dependent (to be confirmed at race safety briefing)

### **Recommended but not mandatory:**

- Enough nutrition to sustain yourself for the duration of the race
- Running poles
- Emergency locator beacon

The above list is a minimum requirement. Participants should exercise their own judgement about what other items should be carried. Whilst not mandatory, we encourage competitors to consider carrying an emergency locator beacon.