

# WTF Honeyeater Challenge - Gear List

## **MANDATORY GEAR**

- Water bottles/bladder – 1 litre capacity
- Race Number

## **Recommended Gear**

- Fuel/nutrition
- Compression Bandage – 7.5cm x 2.3m minimum
- Ziplock bag – for any and all rubbish
- Mobile Phone – fully charged
- Whistle
- Sunscreen
- Hat
- Sunglasses