

WTF 28 - Gear List

MANDATORY GEAR

- Water bottles/bladder – minimum 1.5 litre hydration
- Fuel/nutrition – minimum 2 portions to be carried from the start
 - Ziplock bag – for any and all rubbish
- Compression Bandage – 7.5cm x 2.3m minimum
 - Race Number
 - Mobile Phone – fully charged
 - Whistle
 - Space Blanket

Recommended Gear

- Sunscreen
 - Hat
 - Sunglasses
- 500ml Flask / BYO soft cup
- Tailwind Endurance Fuel - containing electrolytes and hydration
 - Download the free Emergency + app
- Save the Race Directors contact number in your phone
(0407 798 876)