



57.4k & 28.7k GEAR Checklist and Notes. (Revised 10/9/19)

The following list of items are NOT ALL mandatory, but are highly recommended, in order to improve overall safety and your enjoyment of the event. The courses for all 3 events are technical and challenging.

- **MANDATORY FOR ALL** - Hydration pack/water bottles (2 litres for 57.4k/1 litre for 28.7k)- Water. Aid stations will only be available from 8.00am, once the SES are on the course.
- **MANDATORY FOR ALL**- Race bib – Wear on front for check-off throughout the trail.
- **MANDATORY FOR ALL** – Nutrition: Usual personal requirements – everyone has a different preference. Aid stations will have water only. Water stations are marked on the course map, and are manned by the SES.
- Drop bag - **57.4k** runners may bring a drop-bag containing personal supplies which will be taken to the half-way turn around point for you. There will be a table set up at the gate (half-way turnaround point.) Fruit will also be available. Please hand in your drop bag at the registration desk on the morning of the race, clearly marked.
- Electrolytes/Salt tablets – Race day may be hot. Consider whether you need **extra** electrolytes to carry with you.
- compression bandage (7.5cm wide x 2.3m) For sprains or snake bite. There could possibly be snakes on the trail so keep your eyes open.
- Thermal blanket, in case of shock from injury. It could take longer than normal to get assistance to you.

OTHER NOTES:

- Head-torches - The **57.4k** race will start at 5.00am at Airlie Beach Lagoon. It will still be dark so you will need a head torch.
- Always take the trail path straight in-front, there are no left or right intersections on the trail where you will need to turn.
- Mobile phones - Coverage is limited but there are parts of the trail which you can receive reception, usually the highest parts!
- Bugs and nasties – There is not usually an issue with mosquitos or leeches in Aug. However, you may wish to apply protection before the race. Also, keep your eye out for the occasional wildlife, such as snakes and wild pigs, although the constant presence of humans all day could probably send them into hiding.

- Sun screen – The trail is mainly covered throughout the entire distance but early sun can be glary, so suggest a visor or sunglasses. The only area of full sun will be the last 1.6k from the trail to the lagoon finish.
- Rubbish – This is a National Park. Please keep all rubbish with you until the end of the race. Consider carrying a zip-lock bag if you have packaged nutrition.
- Water crossings - Currently there are 3 parts of the trail where you may need to walk through ankle deep water or rock-hop. Wear appropriate socks/runners that dispel water easily or bring a spare pair. It is currently very dry and rain is not predicted.
- Toilets – There are a few eco toilets along the trail and there are 2 porta-loos at the carpark at the start of the 28.7k, and turnaround for Ultra, at Brandy Creek.

Race Day schedule is also on the website - PLEASE READ IT