

## WTF Honeyeater Challenge - Gear List

### MANDATORY GEAR

- Race Number
- BYO soft cup/flask

### Recommended Gear

- 500ml to 1 litre Flask/hydration
- 1x 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
- Download the free Emergency + app
- Save the Race Directors contact number in your phone  
(0407 798 876)