

## WTF 58 - Gear List

### MANDATORY GEAR

- Headlamp – race will start in the dark
- Water bottles/bladder – minimum 1.5 litre hydration
- Fuel/nutrition – minimum 2 portions to be carried from the start and minimum 2 portions from the turnaround at Brandy creek
  - Ziplock bag – for any and all rubbish
  - Compression Bandage – 7.5cm x 2.3m minimum
  - Race Number
  - Mobile Phone – fully charged
  - Whistle
  - Space Blanket
  - **Drop Bag at turn around point**
- Minimum 1.5 litres hydration and 2 portions of fuel/nutrition

### Recommended Gear

- Sunscreen
  - Hat
  - Sunglasses
- 500ml Flask / BYO soft cup
  - Crampfix/hydrolight
- Download the free Emergency + app
- Save the Race Directors contact number in your phone  
(0407 798 876)