

Explore Gippsland 13hr Mandatory Gear List v2

Category	Gear List	Quantity	Notes
ALL TIME / Per Racer (Cannot be shared throughout team)	Race Bib	1	Provided by race
ALL TIME / Per Racer (Cannot be shared throughout team)	Whistle	1	attached to backpack or self
ALL TIME / Per Racer (Cannot be shared throughout team)	Light	1	waterproof with batteries for that section
ALL TIME / Per Racer (Cannot be shared throughout team)	Water storage	1	Bottle, bladder, softflask
ALL TIME / Per Racer	Shell Top	1	Waterproof with hood and taped seams
ALL TIME / Per Racer	Base Layer Top	1	arm warmers count
ALL TIME / Per Racer	Base Layer Bottom	1	Leg warmers count
ALL TIME / Per Racer	Base Layer Head	1	buff, polypro, wool
ALL TIME / Per Racer	Emergency Space Bag	1	Not blanket
ALL TIME / Per Team	Emergency Bivvy Bag	1	Recommended SOL Escape Lite
ALL TIME / Per Team	GPS tracker	1	Provided by race
ALL TIME / Per Team	Compass	2	
ALL TIME / Per Team	Mobile Phone	1	Switched off, waterproof and sealed in bag before race start
ALL TIME / Per Team	Water purification	1	Tablets, filter
ALL TIME / Per Team	Pocket Knife	1	minimum 5cm blade
ALL TIME / Per Team	Course info and Maps	1	Provided by race
ALL TIME / Per Team	Permanent Marker	1	
ALL TIME / Per Team	First Aid Kit	1	
FIRST AID KIT	Snake Bandage	2	2m X 7,5 CM
FIRST AID KIT	Triangular Bandage	1	
FIRST AID KIT	Wound Dressings	2	
FIRST AID KIT	Adhesive Tape	10m	
FIRST AID KIT	Painkiller	Qty	Paracetamol, Ibuprofen
FIRST AID KIT	Antihistamine	Qty	
KAYAK / per Racer	PFD	1	
KAYAK / per Racer	Whistle	1	Attached to PFD
KAYAK / per Racer	Helmet	1	OK to use bike helmet
KAYAK / per Racer	Paddle	1	
KAYAK / per Team	Throw Bag	1	Min 10m length
KAYAK / per Team	Kayak	1	Provided by race
MTB / per Racer	Bike	1	
MTB / per Racer	Helmet	1	
MTB / per Racer	front light	1	head or bars
MTB / per Racer	rear red light	1	mounted to bike-must be on 6pm to 6am
MTB / per Racer	Reflective tape front and rear		
REG / Per Team	First Aid Certificate	1	
LOGISTICS / per Team	Gear boxes- Labeled Box A, Box B	2	up to 120L
LOGISTICS / per Team	Paddle bag - labelled Team name/number	1	For transporting Paddling equipment etc