

Explore Gippsland 3hr Mandatory Gear List v1

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	On backpack or around neck on string
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
ALL TIME / Per Racer	Emergency Space Bag or Blanket	1	
ALL TIME / Per Team	Compass	1	
ALL TIME / Per Team	Mobile Phone	1	Switched off, waterproof and sealed in bag before race start
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	In waterproof bag
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	Provided by Race
KAYAK / per Racer	Helmet	1	OK to use bike helmet
KAYAK / per Racer	Paddle	1	Provided by Race
KAYAK / per Team	Kayak	2	Provided by Race- Double CTR sit on top
MTB / per Racer	Bike	1	
MTB / per Racer	Helmet	1	
MTB / per Racer	rear red light	1	mounted to bike
LOGISTICS / per Team	Gear boxes	2	