

## MANDATORY RACE GEAR LIST

To ensure everyone remains safe and as prepared as possible along the track it is essential that ALL competitors read and obtain the items on the lists below. There are certain mandatory gear and medical items that MUST be carried at ALL times throughout the event, and suggested gear items that we strongly recommend but are not essential.

If you do not have the mandatory gear and medical items with you on the day of the event, you will not be able to participate

## MANDATORY MEDICAL ITEMS (must be carried everyday)

MEDICAL ITEM	1	MORE INFO
Paracetamol 1	Toothpaste	
Imodium or Presci	ribed Gastro Medication Roll on deodorant (odorless recomm	4-6 x tablets
Malaria Tablets	Kon on deodorant (odoness recomm	Prescribed by your GP and usually taken
2	Rolls of toilet paper	before departure to PNG
Chorpheniramine	Wet ones	Antihistamine tablets 6-10 tablets
Rehydration/ Elec	trolyte	4+ sachets
Antiseptic Cream	Small soaps (small soaps are best in o	ase you lose one in the fast flowing rivers)
Antiseptic Wipets	Ladies hygiene products	10+ wipes
Sting/ Bite Relief Creamntibacterial Hand Gel		1 x small tube
Water Purification		1 x box tablets or device
Band Aids		5+ mix sizes
Bandage 1	70-75 litre (minimum) backpack	1 x crepe bandage (Compression Bandage
1	Daypack	minimum dimensions 7.5cm wide x 2.3m long unstretched)
Strapping Tapa	You do not need a daypack if you are	
Strapping Tape		
Latex Gloves 1	2 person tent (included in Australian	eck Traks)
Blister Care 1	Groundsheet (big enough to go und	Ayour Compeed pads
Micro Pore Tape		1 roll
Tweezers	3 leg stool (optional)	1 pair
Needles 1	Sleeping bag (0 to +5 rating)	4 x 21g needles
Medical Scissor\$	Self inflating mattress <b>or</b> foam roll	1 small pair

Pillow (optional)

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MANDATORY GEAR (must be carried everyday)				
GEAR ITEM	MORE INFO			
Appropriate race attire and footwear 1 Deep plate (big enough for cereal an	Clothing and trail/trekking shoes to suit clumer ungle conditions			
Insect repellent for CreMing (not glass)	Minimum 50% Deet content			
Sunscreen <u>1 Knife / Fork / Spoon</u>	Minimum 30+ protection			
Capacity to carry 3L	Bottles or bladder			

Dry bags **or** waterproot bags for clothing



		MANDATORY GEAR (mus	t be carried everyday)
Food portions, snacks, Energy bars			Minimum 1500 calories per day
Light weight sleeping bag			Minimum temperature suited to 5 degrees Celsius
2 x Head lamp and spare batteries			The second headlamp can be a smaller back up
Compass	1	Toothbrush	The magnetic needle must settle quickly and point to magnetic North.
Survival whistle	1	Toothpaste	
Glow sticks	1	Roll on deodorant (odorless recomm	2 x glow sticks with plus 8 hour life
Back pack with	the ca	pacity to hold the mandatory gear	
Light weight dry	2 ′ sack	Rolls of toilet paper	
	Jight s	l <b>ଧିୟ</b> ଦ୍ୟୋକ୍ଟmal top (polypropylene,	Cotton, Coolmax and lycra garments are
wool).	2	Small soaps (small soaps are best in o	NOT suitable. Compression garments and สุรคะหายเอรกอายระเวอกฐ์สุรุธปละเมือยาเพศรา
	1	Ladies hygiene products	suitable. Compression garments may still be used in the race but they are in addition
	2	Antibacterial Hand Gel	to your mandatory thermal top and do not replace it.
		proceand breathable jacket with	A recommendation only for a good jacket
		lly taped) waterproof seams and 70-75 litre (minimum) backpack	is one that has a waterproof rating of over 20,000mm hydrostatic head and a breathability MVTR rating of 25,000g/
	1	Daypack	m²/25hrs. Any non-membrane jacket
		You do not need a daypack if you are	สหรุ่ากษ์ไปออก่างพราวอยู่อุd condition with waterproof coating intact. The jacket must
	1	2 person tent (included in Australian	EtyTrekBjastic rain ponchos, wind jackets, water resistant jackets are NOT suitable.
Emergency Instr	1 uctior	Groundsheet (big enough to go und	
Course map and set of legistoold aptionals			Provided by organisers
Water proof map case Sleeping bag (0 to +5 rating)		Sleeping bag (0 to +5 rating)	
Race bib number or vest			TBC by organisers
1 Self inflating mattress <b>or</b> foam roll Toilet paper/wipes			1 roll
Ziplock bag	1	Pillow (optional)	1 x for your personal rubbish
Hand Sanitizer 1	-2	Walking poles - this is essential	1-2 small bottles

- 1 Head Torch (and spare batteries)
- 1 Deep plate (big enough for cereal and dinner)
- 1 Mug (not glass)
- 1 Knife / Fork / Spoon
- 2 Dry bags **or** waterproof bags for clothing



SUGGESTED GEAR (not mandatory but highly recommended)				
GEAR ITEM	MORE INFO			
Camp / night attire	Its recommended that these be light weight long arm and long leg wear			
Poncho				
Camp footwear	Dry pair for camp			
Spare socks 1 Toothbrush				
Compression tights/ solekthpaste	For recovery at night - We recommend CEP Sports Compression			
1 Roll on deodorant (odorless recomm Sport Sunglasses	ended)			
Recovery food /snacks Rolls of toilet paper	Protein / energy bars			
Comfort food/ shacks Wet ones	Sweets /confectionary/ chips /beef jerky			
Personal Hygiene Kits Small soaps (small soaps are best in c	aTeothbrush, bio-degradable soap etcers)			
Buff or headwear 1 Ladies hygiene products	Great for cooling with water and for warmth			
Gloves 2 Antibacterial Hand Gel	For handling branches and vegetation while on course			
Trekking poles	We recommend poles from Helinox Aus- tralia			
1 70-75 litre (minimum) backpack Eating Utensils	Bowl / fork/spoon/knife			
Light weight sleeping mathematical mathematical structures and the second structures and the sec				
Gaiters				
Sodium tablets 2 person tent (included in Australian	Led Ireks) 1-2 boxes			

1 Groundsheet (big enough to go under your tent)

<sup>3</sup> leg stool (optional) Kit Selection & Advice 1

1 Sleeping bag (0 to +5 rating)

Kit selection is a vital part of any Ultra Marathon race strategy so it is very important to take into account your individual needs as well as the mandatory gear when choosing your kit.

Pillow (optional)

We advise that you add or remove gear from the "Suggested Gear List". 1-2 Walking poles - this is essential

It is also worth notingathet while taking parties the Kokoda Ultra Marathon you will be required to carry your own kit for the duration of the race.

Deep plate (big enough for cereal and dinner)

It is very important and in your best interest to pack the lightest and most practical bag as possible.

> 1 Knife / Fork / Spoon

2 Dry bags or waterproof bags for clothing