

KOKODA
XTREME

KOKODA
ULTRA
MARATHON

COAST
TO
COAST

KOKODA
FAST
TREK

KOKODA
BACK
BACK

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	MORE INFO
Paracetamol	
Imodium or Prescribed Gastro Medication	4-6 x tablets
Malaria Tablets	Prescribed by your GP and usually taken before departure to PNG
Chorpheniramine	Antihistamine tablets 6-10 tablets
Rehydration/ Electrolyte	4+ sachets
Antiseptic Cream	1x small tube
Antiseptic Wipes	10+ wipes
Sting/ Bite Relief Cream	1 x small tube
Water Purification	1 x box tablets or device
Band Aids	5+ mix sizes
Bandage	1 x crepe bandage (Compression Bandage minimum dimensions 7.5cm wide x 2.3m long unstretched)
Strapping Tape	1 roll
Latex Gloves	2 x pairs
Blister Care	4-6 x Compeed pads
Micro Pore Tape	1 roll
Tweezers	1 pair
Needles	4 x 21g needles
Medical Scissors	1 small pair

MANDATORY GEAR (must be carried everyday)

GEAR ITEM	MORE INFO
Appropriate clothing and footwear	Clothing and trail running /trekking shoes to suit jungle conditions
Insect repellent or Cream	Minimum 50% Deet content
Sunscreen	Minimum 30+ protection
Capacity to carry 3L	Bottles or bladder

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MANDATORY GEAR (must be carried everyday)

Food portions, snacks, Energy bars	Minimum 1200 calories per day - Note the daily calorie consumption does not include the meals Kokoda Ultra Marathon supply at the campsites.	
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	The magnetic needle must settle quickly and point to magnetic North.	
Survival whistle		
Glow sticks	2 x glow sticks with plus 8 hour life	
Back pack with the capacity to hold the mandatory gear		
Light weight dry sack		
1 x long light weight sleeve thermal top (polypropylene, wool).	Cotton, Coolmax and lycra garments are NOT suitable. Compression garments and thermal compression garments are NOT suitable. Compression garments may still be used in the race but they are in addition to your mandatory thermal top and do not replace it.	
1 x light weight waterproof and breathable jacket with fully taped (not critically taped) waterproof seams and hood	A recommendation only for a good jacket is one that has a waterproof rating of over 20,000mm hydrostatic head and a breathability MVTR rating of 25,000g/m ² /25hrs. Any non-membrane jacket must still be in very good condition with waterproof coating intact. The jacket must fit you. Plastic rain ponchos, wind jackets, water resistant jackets are NOT suitable.	
Emergency Instruction card	Provided by organisers	
Course map and set of course descriptions	Provided by organisers	
Water proof map case		
Kokoda Ultra Marathon Race Bib	Provided by organisers	
Toilet paper/wipes	1 roll	
Ziplock bag	1 x for your personal rubbish	
Hand Sanitizer	1-2 small bottles	
GPS Watch	Watch must have the ability and software to download GPX files for mapping and navigation. Eg brands -Selected Suunto and Garmin models	
Rechargeable Battery Packs	The ability to recharge phones or watches	
Mobile Phone	Communication as required	
Eating Utensils	Bowl / fork/spoon/knife	

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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	
Compression tights/ socks	For recovery at night - We recommend CEP Sports Compression
Sport Sunglasses	
Recovery food /snacks	Protein / energy bars
Comfort food/ snacks	Sweets /confectionary/ chips /beef jerky
Personal Hygiene Kits	Toothbrush, bio-degradable soap etc
Buff or headwear	Great for cooling with water and for warmth
Gloves	For handling branches and vegetation while on course
Trekking poles	We recommend poles from Helinox Australia
Sodium tablets	1-2 boxes
Light weight sleeping mat	
Gaiters	

Kit Selection & Advice

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.

We advise that you add or remove gear from the "Suggested Gear List".

It is also worth noting that whilst taking part in the Kokoda Ultra Marathon you will be required to carry your own kit for the duration of the race.

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