

MANDATORY RACE GEAR LIST

Use this document as a guide for everything we suggest you bring on your adventure with you. We can supply your trekking, camping and hydration needs.

Please contact us on 1800 238 368 for more info about the trek gear we can provide

MANDATORY MEDICAL ITEMS (must be carried everyday)					
MEDICAL ITEM		MORE INFO			
Paracetamol ₁	Toothpaste				
Imodium or Prescribed Gastro Medication		4-6 x tablets			
Malaria Tablets 2	Roll on deodorant (odorless recomm Rolls of toilet paper	Prescribed by your GP and usually taken before departure to PNG			
Chorpheniramine	Watana	Antihistamine tablets 6-10 tablets			
1 Wet ones Rehydration/ Electrolyte		4+ sachets			
Antiseptic Cream	Small soaps (small soaps are best in o	ase you lose one in the fast flowing rivers)			
Antiseptic Wipes	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 minimum dimensions 7.5cm wide x 2.3m			
'	Daypack You do not need a daypack if you are	long unstretched)			
Strapping Tape You do not need a daypack if you are carrying your own pack					
Latex Gloves 1	2 person tent (included in Australian	-eck Traks)			
Blister Care 1	Groundsheet (big enough to go und	Ay6&rGempeed pads			
Micro Pore Tape	3 leg stool (optional)	1 roll			
Tweezers	5 leg stool (optional)	1 pair			
Needles 1	Sleeping bag (0 to +5 rating)	4 x 21g needles			
Medical Scissor\$	Self inflating mattress or foam roll	1 small pair			

1 Pillow (optional)				
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 gungle conditions			
Insect repellent1or CreMag (not glass)	Minimum 50% Deet content			
Sunscreen 1 Knife / Fork / Spoon	Minimum 30+ protection			
Capacity to carry 3L	Bottles or bladder			

Ž Dry bags **or** waterproof bags for clothing



		MANDATORY GEAR (mus	t be carried everyday)		
Food portions, snacks, Energy bars			Minimum 1500 calories per day		
Light weight sleeping bag		g bag	Minimum temperature suited to 5 degrees Celsius		
2 x Head lamp and spare batteries		pare 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 whist	le 1	Toothpaste			
Glow sticks	1	Roll on deodorant (odorless recomm	2 x glow sticks with plus 8 hour life		
·	Back pack with the capacity to hold the mandatory gear Light weight dry sack Light weight dry sack				
1 x long light	welight	sl Mateothes mal top (polypropylene,	Cotton, Coolmax and lycra garments are		
wool).	2	Small soaps (small soaps are best in o	NOT suitable. Compression garments and ਕੁਸ਼ਵ ਮੁਸ਼ੁਖ਼ੀ ਦੁਤਜ਼ਮਾ ਦਾ ਸ਼ੁਰੂ ਸ਼ੁਰੂ ਕੁਸ਼ਵ ਮੁਸ਼ੂਖ਼ੀ ਦੁਤਜ਼ਮਾ ਸ਼ੁਰੂ		
	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.		
fully taped (no hood	ot critica 1 1 1	2 person tent (included in Australian	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/m²/25hrs. Any non-membrane jacket carstingly a rown page d condition with waterproof coating intact. The jacket must Lety reks astic rain ponchos, wind jackets, water resistant jackets are NOT suitable.		
Emergency In	1 structio	Groundsheet (big enough to go und			
Course map and set of degisteral (spriprim);		of legiste old aptiairals	Provided by organisers		
Water proof map case Sleeping bag (0 to +5 rating)		^e Sleeping bag (0 to +5 rating)			
Race bib number or vest Self inflating mattress or foam roll			TBC by organisers		
Toilet paper/v	Toilet paper/wipes		1 roll		
Ziplock bag	1	Pillow (optional)	1 x for your personal rubbish		
Hand Sanitize	r1-2	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 recommended) Sport Sunglasses				
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 o	Joothbrush bio-degradable som etvers)			
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 Australia			
1 70-75 litre (minimum) backpack Eating Utensils	Bowl / fork/spoon/knife			
Light weight sleeping Paypack				
Gaiters				
Sodium tablets 2 person tent (included in Australian	Led Ireks) 1-2 boxes			

- 1 Groundsheet (big enough to go under your tent)
- 1 3 leg stool (optional)
- 1 Sleeping bag (0 to +5 rating)
- 1 Self inflating mattress **or** foam roll
- 1 Pillow (optional)
- 1-2 Walking poles this is essential
- 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