



## Mandatory Gear List

The following is the Mandatory Gear List for the LAKES100 & LAKES75. It details the equipment runners will need and makes suggestions/recommendations on gear that may come in handy.

Our goal is not to have you carry loads of gear that you won't use, and have arduous gear checks just for the sake of having gear checks. But we have to balance this out with the fact that this is an off road run, some of it in remote country. It is this combined with our racing experience that has guided this gear list. Remember it is your responsibility to carry the 'right' equipment, clothing and supplies for this race. The 'right' piece of kit depends entirely on you. We strongly recommend that you give this serious thought and test gear out before race start.

There are 3 categories – 'Mandatory', 'Recommended' and 'Suggested'. 'Recommended' means just that, and are based on our experience and knowledge of the region. Ultimately your call, though "damn fool if you don't" could apply. 'Suggested' can be translated as "up to you, but you may seriously regret not having it." And, we will admit, there is a certain degree of comfort here, which may or may not appeal to you. 'Mandatory' means you must have it and you won't be able to race without it.

If you have any questions about any items on the mandatory gear list, send us an email ASAP. We will not be flexible at rego and 'No!' these items are not open for interpretation. Remember, no one ever intends to have an accident, get lost or get injured, but it happens even to experienced racers. These items could save your life!

Okay, here's the list...

### Mandatory Gear

To be carried at all times during the race

- Race number (provided)  
This must be worn as the outer most layer, on the front and visible at all times.
- Timing Tag (provided)  
This is a disposable timing tag, which needs to be secured to the back of your backpack (a cable tie will be provided in your race pack).
- Headlamp with spare batteries or back up headlamp.
- Minimum 2L of water capacity
- Whistle

- Windproof/waterproof jacket  
Must be waterproof, windproof, breathable as specified by the manufacturer, have hood, seams tape sealed and be suitable for potentially extreme conditions.
- Base layer  
Long sleeve top - close fitting - polypropylene or wool fabric  
Lightweight, moisture wicking/quick drying and worn next to your skin  
*NB Cotton, Coolmax, lycra, compression and/or thermal compression garments are NOT suitable. Compression garments may still be worn but they are in addition to your mandatory thermal base layers.*
- Beanie or Buff
- High Vis Safety Vest  
This is not a running vest but a workwear vest. The vest must have either AS/NZS 4602:1999 or AS/NZS 4602:2010 or AS/NZS 4602.1:2011 as well as Class "D/N" on the tag. The vest must be clearly visible from both the front and back, even when wearing your backpack so you must have an oversized vest that covers your whole torso AND your backpack (your race number must still be visible on your front and over the top of your vest).
- Mobile Phone – fully charged with working sim card  
Mobile coverage over the course varies from excellent to non-existent. There is good reception through the first half of the course and in Seal Rocks. We strongly recommend you have a Telstra SIM card. If you need to buy a new phone or a pre-paid SIM card or borrow a phone, Telstra is preferable as it works on the majority of the course. Optus works on less and Vodafone is not a good option.
- Compass  
We suggest a good quality compass because if you need to use it you are going to want it to work. A waterproof GPS enabled watch with compass function is allowed as long as you can calibrate it, know how to use it and the battery will last for the full duration of your race. A smartphone compass is not acceptable as most smartphones are not waterproof and the batteries may be needed for making emergency calls.
- Waterproof map case (or snap lock bags)  
Something to keep course maps and descriptions dry.
- Lightweight dry sack  
Something to keep your mandatory gear dry.
- Food  
You need to start each leg with a minimum of 2 portions of food

## First Aid

Must be in a waterproof bag/snap lock bag and have

- Emergency Space Blanket
- Compression Bandage 2.3m long x 7.5cm wide  
Total length of bandage must be 2.3m and width 7.5cm un-stretched. Multiple bandages are permitted.  
Used to create localized pressure to site of injury or wound.

# Is that it?

The Mandatory gear list above is the minimum requirements for safe travel. You are free to bring any additional items you feel necessary provided they are not on the forbidden list. Remember it will be cold at night – low of 8 degrees / max of 20 degrees.

## Recommended Gear

- Sunglasses
- Mid Layer Fleece Top  
The mid layer top is used between the base layer and shell layer to provide additional insulation in cold environments. Long sleeve top of synthetic or wool fabric. Mid weight (greater than base layer), moisture wicking/quick drying.
- Long pants/tights/leggings for warmth
- Toilet paper or biodegradable wipes
- Trekking poles
- Wound Dressing (Sterile)  
Applied to wound to prevent further harm and promote healing.
- 1 roll of strapping tape (Adhesive/ surgical tape)  
Can be used to secure bandages or dressings and in improvised splints.
- Lube & lots of it – trust us – this stuff could make the difference in your race
- Bug Spray
- Sunscreen
- Electrolyte replacement - take more than you think you'll need, then add ½ again + train on it so you are used to it

## Suggested Gear

- Extra dry/warm clothes as you see fit... always the balance between being "comfortable" and being "light/fast."
- Lip Balm
- Warm gloves