



## WEST MACS MONSTER 25KM SIMPSONS MONSTER

### MANDATORY GEAR LIST

The following is a list of mandatory gear that must be carried by all competitors running in the 25km Simpsons Monster race.

- Race Number x2 (to be worn on the front and rear)
- Basic First Aid Kit (minimum contents):
  - 2 x Crepe bandages,
  - 1 x Snake bite compression bandage
  - 6 x Wound closure strips
  - 1 x Triangular bandage
  - 2 x Non-stick wound dressing pads
  - 1 x pair of surgical gloves)
  - Electrolytes
  - 1 x Space Thermal Blanket
- Minimum 2L of water carrying capacity
- Mobile Phone with Guru app installed with the GPX files of the event uploaded.
- Safety sheet with mobile & Sat phone numbers of Race Director, Paramedics and NT Parks Office (supplied by event)
- Waterproof running jacket with hood if rain is forecast (as decided by the Race Director)
- Toilet Paper
- Sunscreen
- Ziplock Bag for Rubbish
- Beanie
- Hat (we recommend a hat with a full brim for sun protection)
- Whistle
- Matches or Lighter (for emergency use only, please be careful)
- Head Torch and with spare batteries
- 1 long sleeve thermal top (polypropylene, wool or similar)