



WEST MACS MONSTER 65KM STANDLEY MONSTER

MANDATORY GEAR LIST

The following is a list of mandatory gear that must be carried by all competitors running in the 65km Standley 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 3L of water carrying capacity
- Compass, paper and GPX copy of course maps
- Mobile Phone with Guru app installed with the GPX files of the event uploaded.
- Powercell or charging device for Mobile Phone
- Lightweight trowel and toilet paper
- [Ziplock bag for rubbish](#)
- [Sunscreen](#)
- 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)
- 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
- Spare Head Torch or handheld torch
- 1 long sleeve thermal top (polypropylene, wool or similar to be carried after 4pm so can be in a drop bag until then)
- [Long Legged Thermal Pants \(polypropylene, wool or similar to be carried after 4pm so can be in a drop bag until then\)](#)

RECOMMENDED EQUIPMENT CONSIDERATION

Additional gear that can be left at Aid Stations in drop bags

- Special food or meals
- [Chafing Cream or Powder](#)
- Change of shoes and socks
- Trekking poles
- Charging device or spare batteries