



## WEST MACS MONSTER 231KM and 128km MONSTER

### MANDATORY GEAR LIST

The following is a list of mandatory gear that must be carried by all competitors running in the 231km Sonder Monster race.

- Race Number x2 (to be worn on the front and rear)
- SPOT GPS Monitoring and Communications Device registered with LTTS and Race Organisers, set in continuous tracking mode (provided by event and included in registration cost)
- 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 a hood if rain is forecast (as decided by the Race Director)
- Whistle
- Hat (for shade we recommend a hat with a full brim)
- Beanie
- Matches or Lighter (for emergency use only, please be careful)
- Head Torch with spare batteries
- Spare head torch or hand held torch (must be carried after 4pm so can be in a drop bag until then)
- 1 long sleeve thermal top (polypropylene, wool or similar)
- 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

- Tent or bivy bag
- Sleeping bag/sleeping mats
- Chafing Cream/Powder
- Additional warm clothing
- Special food or meals
- Change of shoes and socks
- Trekking poles
- Charging device or spare batteries