



WEST MACS MONSTER 231KM SONDER and 128km ELLERY MONSTERS'

MANDATORY GEAR LIST

The following is a list of mandatory gear that must be carried by all competitors at all times running in the 231km Sonder Monster and 128km Ellery Monster race.

- Race Number x2 (to be worn on the front and rear) rear includes safety sheet with emergency contact details (supplied by event)
- SPOT tracker (provided by event)
- 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 (plastic tent peg complies)
- Ziplock bag for rubbish
- Sunscreen
- 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 and 2nd spare head torch or hand held torch
- 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
- Blister treatments
- Chafing Cream/Powder
- Additional warm clothing
- Special food or meals
- Change of shoes and socks
- Trekking poles
- Charging device or spare batteries