



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 x 2 (to be worn on the front and rear). Rear of race bib contains a safety sheet with contact details for emergencies (Supplied by event at registration)
- 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, the Australian Map package downloaded and preferably with the GPX files of the event uploaded.
- Waterproof running jacket with hood if rain is forecast (if decided by the Race Director – you will be notified if required)
- 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 or 2nd spare head torch or handheld torch
- 1 long sleeve thermal top (polypropylene, wool or similar)