



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) Rear of bib contains safety sheet with emergency contact details (supplied by event)
- Spot tracker (supplied 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
 - 2 x Electrolyte sachets or tablets
 - 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 is OK)
- Ziplock bag for rubbish
- Sunscreen
- Waterproof running jacket with hood if rain is forecast (if decided by the Race Director – you will be advised if needed)
- 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 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
- Blister treatments
- Trekking poles
- Charging device or spare batteries