



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 external to any clothing or jackets or on a running belt so it is visible). Rear of race bib contains a safety sheet with contact details for emergencies (Supplied by event at registration)
- Wrist Tag - issued at successful completion of registration
- Basic First Aid Kit (minimum contents):
 - 1 x Crepe bandage
 - 1 x Snake bite compression bandage (must be a dedicated snake bite bandage)
 - 6 x Wound closure strips (also known as steri-strips. Cannot be band-aids)
 - 1 x Triangular bandage
 - 2 x Non-stick wound dressing pads
 - 1 x pair of surgical gloves
 - 2 x Electrolyte sachets/tablets
 - 1 x Space Thermal Blanket
- Minimum 2L of water carrying capacity (for leaving mandatory 2l water carry aid stations)
- Mobile Phone with Guru app installed, the Australian Map package downloaded (Larapinta Trail should be visible - please ensure you can show this at the time of gear check).
- Waterproof running jacket with hood if rain is forecast (as decided by the Race Director. You will need to have one available if the Race Director makes it mandatory approx. 1 week out from the event)
- Beanie specifically (Cannot be a buff. Must be a closed top beanie with thermal properties).
- Hat (we recommend a hat with a full brim for sun protection. Cannot be an open top visor)
- Whistle
- Head Torch
- 1 long sleeve, wool thermal top (must be wool for fire protection)

RECOMMENDED EQUIPMENT CONSIDERATION

For you to consider carrying in addition to the above list:

- Toilet Paper
- Sunscreen
- Chafing Cream or Powder
- Blister treatments

