



25KM SIMPSONS MONSTER








MANDATORY GEAR LIST

The following is a list of mandatory gear that must always be carried by all competitors when running in the 25km Simpsons Monster race. Gear checks will be done at registration. You must present EVERYTHING. Random gear checks can be carried out at any time during the event or immediately after crossing the finish line. No negotiation will be entered into about the appropriateness or otherwise of the contents of the mandatory gear kits, it is an essential safety requirement by the event organisers.

For efficiency, we recommend you turn up to the gear check with it all in a carry bag, as you will completely unpacking your pack if you don't.

Item	Picture	Detail
Race Bib		Bib 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 large bib includes safety sheet with emergency contact details (<i>provided at registration</i>)
Wrist Tag		Wrist Tag – issued at successful completion of registration (<i>provided at registration</i>)
Provided by the competitor		
Mobile phone		Mobile phone with Guru app installed and the GPX files of the event uploaded and visible. You will be asked to show this at gear check so please make sure it is done
1st Aid Kit		Basic First Aid Kit (minimum contents): 1 x Crepe bandage (minimum 10cm wide) 6 x Wound closure strips (also known as Steri Strips. These are not Band-Aids). 1 x Triangular bandage 2 x Non-stick wound dressing pads (minimum 7.5cm x 7.5cm) 1 x pair of surgical gloves 2 x Electrolyte sachets/tablets 1 x Space Thermal Blanket
Snake Bandage		1 x Smart Snake bite compression bandage (must be either a dedicated 'smart' snake bite bandage with the rectangles that turn to squares when you have the correct tension applied <u>or</u> the kit of 3 bandages <u>complete</u>)
Waterproof Jacket		Waterproof seam sealed rain jacket with a hood. (Can be used as a windproof or rain jacket as required)
Whistle		Pealess safety whistle (<u>not</u> a sports whistle with a 'pea' such as a footy umpires whistle)



Hat		Hat – can be a peaked cap but we recommend a hat with a full brim or legionnaire’s style. You will benefit from a neck flap too. (Cannot be an open-top visor)
Beanie		Beanie specifically (Cannot be a buff). Must be a closed top beanie with thermal properties, such as icebreaker. (Cannot be lightweight buff material)
Matches		Matches or lighter (for emergency use only, please be careful)
Head Torch		1 Head torch, fully charged
Thermal Top		1 long sleeve woollen thermal base layer top (must be minimum 95% wool for bushfire protection. Usually means just the elastic bands are the only part not woollen. The fabric itself that makes up the covering layer cannot be a blended fabric with synthetics)
Water		Minimum 2L of water capacity (for leaving mandatory 2L water carry aid stations)
Running Vest		Running vest or back pack suitable for carrying all mandatory gear