



25KM SIMPSONS MONSTER MANDATORY GEAR DECLARATION

Competitor Name	
Date	

Item	Complies	Notes
• Race Number x2 (to be worn on the front and rear)		
• Basic First Aid Kit (minimum contents):		
o 1 x Crepe bandage (min 10cm wide)		
o 1 x Snake bite compression bandage (dedicated)		
o 6 x Wound closure strips/steri-strips (not band-aids)		
o 1 x Triangular bandage		
o 2 x Non-stick wound dressing pads		
o 1 x pair of surgical gloves		
o 2 x Electrolyte sachet/tablets - for rehydration		
o 1 x Space Thermal Blanket		
• Minimum 2L of water carrying capacity		
• Mobile Phone with Guru app (or other offline mapping app) with Australian map base downloaded so Larapinta Trail is visible.		
• Waterproof running jacket with hood if rain is forecast (as decided by the Race Director)		
• Beanie (not a buff, must be a beanie)		
• Hat (we recommend a hat with a full brim for sun protection. Visor not accepted)		
• Whistle (pealess)		
• Head Torch		
• 1 long sleeve, 100% wool thermal top (must be wool for fire protection)		

I confirm that I have the above-listed mandatory gear and will be carrying this gear for this year's RFDS or ABC Alice Springs 25km Simpson Monster Event. I also confirm that I have sought clarification on any items and specifications I was unsure of with an event official.

I acknowledge that if I am found to be in the race and not carrying any item of the mandatory gear required that I will be disqualified as per the current version of the Race Rules on the event website.

Competitor Sign: _____