

ITEM

Long Sleeve Thermal Top
(polypropylene, wool)

Long Leg Thermal Pants
(polypropylene, wool)

Thermal Garments Requirements

Waterproof and Breathable
Jacket with Fully Taped (Not
Critically
Taped) Waterproof Seams and
Hood

Beanie, Balaclava or Head Sock
(Buff)

Full-Fingered Lightweight Thermal Gloves (Polypropylene, Wool)
Headlamp
Mobile Phone in Working Order with Fully Charged Battery and working SIM Card
Whistle
Emergency Space Blanket (or Light Bivvy Sack Equivalent)
Compression Bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched)
Lightweight Dry Sack
Water Bottles or Bladders, 2 Litre Capacity
Food Bars / Portions
Ziplock Bag for Personal Rubbish

DESCRIPTION

Cotton, Coolmax and lycra garments are NOT suitable. Compression garments and thermal compression garments are NOT suitable. Compression garments may still be used in the race but they are in addition to your mandatory thermal top and do not replace it. Refer to 'Thermal Garment Requirements' for more information.

Cotton, Coolmax and lycra garments are NOT suitable. Compression garments and thermal compression garments are NOT suitable. Compression garments may still be used in the race but they are in addition to your mandatory thermal pants and do not replace it. Refer to 'Thermal Garment Requirements' for more information.

Suitable garments:

The mandatory long sleeve thermal top and long leg thermal pants must be made of either a high performance synthetic material that is made up of fibres which are hydrophobic (ie they do not hold water) or they can be made of lightweight wool (wool does absorb water but it remains warm to wear when wet due to warm air being trapped in lots of tiny air pockets). Garments made of synthetic materials such as polypropylene, polyester and chlorofibre (PVC) are perfect as the fibres do not hold moisture. Garments made from these materials can feel slightly damp in wet conditions but that is because moisture is held in the tiny spaces between the fibres. As the fibres do not get wet these garments will actually dry out from your body heat while you are wearing them and there is no evaporative cooling effect as the moisture evaporates from the spaces between the fibres. Modern thermal materials may use a small amount of spandex, elastane or Lycra to provide greater shape retention, tighter fit and therefore greater warmth. Garments made of a material that is 94% polyester and 6% spandex are perfect.

Not suitable:

Garments made mostly of synthetic materials such as lycra (a polyester- polyurethane copolymer) and coolmax (which is polyester with fibres amended so they do absorb moisture) are not suitable for this event as they hold moisture against your skin and they also wick moisture away very well thus causing substantial evaporative cooling. All compression garments are made of mostly lycra so they are not suitable as your mandatory thermals in this event. Cotton is also unsuitable as it absorbs water and holds the moisture against the wearer's skin. Unlike wool, cotton has no bulk to trap warm air so the wearer remains cold. In search and rescue circles cotton is called "The Fatal Fabric" and "Killer Cotton" for good reason - people die every year when caught out in the elements wearing cotton garments. Other people also caught out in the same conditions who are wearing synthetic and/or wool survive - it's a very clear cut issue.

The breathability must be provided by the material itself and not exclusively by mesh panels. Minimal underarm vents are allowed if the jacket material itself is technical and breathable. Large mesh panels, even if covered by flaps are NOT permitted. A premium jacket would have a waterproof rating of over 15,000mm hydrostatic head and a breathability MVTR rating of 20,000g/m²/25hrs however much lower ratings are completely acceptable. Any non-membrane jacket must still be in very good condition with waterproof coating intact. The jacket must fit you. Plastic rain ponchos, wind jackets, water resistant jackets are NOT suitable.

Beanie, Balaclava or Head Sock (Buff)

Full-Fingered Lightweight Thermal Gloves (Polypropylene or Wool)
Test your headlamp on bush tracks at night prior to the event to make sure it provides enough light to both see the track and the course markings. Make sure batteries are new or fully charged and you have enough battery capacity / spare batteries. Note that waistlamps are not permitted as they will obscure your race number.
Must have a SIM card that can connect to an Australian Cellular Network (ie mobile phone calls can be made and received while you are in Australia). It is no use if you are relying on WiFi to get an emergency message out or for race organisation to try to contact you if you go missing. There is no WiFi anywhere on course. Also make sure your phone is fully charged and the battery will last for your whole race time.
Whistle
Emergency Space Blanket (or Light Bivvy Sack Equivalent)
The wrapping should list 'heavy weight cotton crepe bandage' or 'heavy cotton elastic bandage' or 'heavy weight elastic support bandage'. This item is used for the treatment of sprains or snake bite. Generally the pink coloured bandages are suitable and the white bandages not.
This is to keep the compulsory clothing dry (multiple NEW Ziplock plastic bags work well for compressing your clothing and being able to see the item through the plastic; useful for random gear checks).
Water Bottles or Bladders with a capacity to carry 2 Litres of water
You need to start each run with 2 food portions. Gels or Electrolyte
Ziplock Bag for Personal Rubbish