

AUSTRALIAN  
ALPINE ASCENT

# ULTRA

## TRAIL RUN KOSCIUSZKO

# MANDATORY GEAR

YOU WILL NEED TO HAVE THE FOLLOWING ON YOU AT ALL TIMES:

MANDATORY ITEMS	22KM	53KM	73KM
Minimum 2L capacity for carrying water/hydration. <i>There are NO cups on course to reduce waste and damage to such a fragile environment</i>	Yes	Yes	Yes
Rain Jacket <i>Waterproof with sealed/taped seams. Needs to be waterPROOF, not water RESISTANT</i>	Yes *	Yes *	Yes
Space Blanket	Yes	Yes	Yes
Whistle	Yes	Yes	Yes
Emergency Light / Headlamp ( <i>not your mobile phone</i> )	No	No	Yes
Spare Light (Torch) / Battery for Headlamp	No	No	Yes
Buff or Beanie	Yes *	Yes *	Yes
Waste Containment Bag/Pouch	No	Yes	Yes
Long Sleeve Thermal Top <i>Polypropylene wool/merino wool - not compression</i>	Yes *	Yes	Yes
Compression Bandage <i>Heavy weight crepe bandages, not loose crepe, the white thin bandages are not accepted. Min dimensions: 7.5cm wide x 2.3m long unstretched</i>	Yes	Yes	Yes
Emergency Snack / Food Portion (x 2) <i>Bring your own hydration &amp; nutrition you have trained with that you may need on course - must be <u>above and beyond</u> your race nutrition requirements.</i>	Yes	Yes	Yes
Mobile Phone <i>Must be in working order with fully charged battery and operational SIM card</i>	Yes	Yes	Yes
Compass	No	Yes	Yes

MANDATORY ITEMS	22KM	53KM	73KM
High-Visibility Safety Vest * <i>Must comply with Australian Standard AS/NZS 4602:1999 or AS/NZS 4602:2010 or AS/NZS 4602:2011 as well as Class D/N for day and night time wear</i>  <i>*Must be worn at the start, until sunrise and at dusk, or if directed by event staff/volunteers. **Vest must be worn as the outermost layer and over the top of your running pack, with your race number visible and on your front and over your vest.</i>	No	No	Yes
Full-Fingered Lightweight Thermal Gloves <i>Polypropylene wool/merino wool</i>	No	No	Yes
Long Leg Thermal Pants <i>Polypropylene wool/merino wool</i>	No	No	Yes
Ziplock Bag ( <i>for your personal rubbish</i> )	Yes	Yes	Yes
Race Number / Bib <i>Must be worn on front of your clothing, clearly visible</i>	Yes	Yes	Yes

\* Dependent on weather ruling from race organisers made on the day before the specific race

#### WEATHER DEPENDENT EXTRAS:

- Waterproof overpants
- Gloves

A call will be made on these items on the afternoon prior to the race, depending on the forecast.

#### STRONGLY RECOMMENDED:

- Sunscreen and hat (there is zero shelter from the sun on the whole course, and it is very easy to get burnt in the rarified air)
- Chafe cream / blister bandages
- More substantial first aid kit
- Spare socks
- Spare headlight batteries

*We recommend that you carry a fully charged mobile phone, in case of emergency. There are many areas of the course where signal is available. We recommend that you download the 'EMERGENCY+' app on your phone, which can provide exact coordinates of where you are for emergency services.*

There will be bag checks. Time penalties will apply for items not present.