

TRA 5K COMPULSORY EQUIPMENT

IMPORTANT NOTES

All compulsory items must be carried at ALL times while taking part in the event.

Compulsory equipment is what has been identified as the absolute minimum to keep you safe during the event.

Missing compulsory equipment = no start. Athletes should be prepared for random spot checks.

Missing compulsory equipment means that you will not be permitted to continue the race until the equipment can be replaced. Penalties will apply.

Weather is incredibly unpredictable and changeable in the Snowy Mountains where conditions can range from Snow, Sleet, Gail Force Winds to Extreme Heat all in one day.

The course takes in remote trails where protection from the elements is not available and medical support could be some time or distance away.

ITEM	DESCRIPTION	WHY IS THIS COMPULSORY?	WEATHER RULING DEPENDENT	PROVIDED BY THE ORGANISERS
Enclosed Running Shoe	A trail running shoe is preferable Find out why here	To protect your feet from rough, jagged, rocky and uneven terrain.	No	No
Race Number	<p>Visibility is Everything! Your race number must be visible at all times and must be worn on your front torso over the top of your outermost layer.</p> <p>Let's Get Attached Safety pins are provided at registration or you might choose to wear your number on a race belt. If you don't have a race belt you can purchase a TRA belt online, or pick one up at the merch store at Race HQ.</p> <p>Respect the Chip! Your race number comes with a disposable timing chip on the rear of the number. Please do not fold, bend or pierce your race number as this could damage the chip and we don't want to miss your awesome times.</p>	So we can record your times throughout the event and we know exactly who you are.	No	Yes

TRA 5K RECOMMENDED EQUIPMENT

ITEM	DESCRIPTION	WHY IS THIS RECOMMENDED?	WEATHER RULING DEPENDENT	PROVIDED BY THE ORGANISERS
Collapsible cup or water bottle	Collapsible cup or water bottle	Trail Run Australia is a cupless event. This means there are no cups at the aid stations, so if you wish to take hydration at the aid stations a cup or bottle will be required. Runners cannot drink directly from the water eskys.	No	No
Clothing to suit the weather conditions on the day	Such as a water proof jacket, warm thermal, etc	To be comfortable and protected from the elements on the day	NO	NO
Personal Snacks / Nutrition / Hydration	Bars, food portions, electrolyte drink sachets, gels etc.	Nutrition is a personal thing, unique to each athlete. It is also the key to an enjoyable event. Runners are encouraged to carry their own personal nutrition and hydration which they have trained with.	No	No
Sun Protection	Hat, Sun Lotion, Sunglasses / Eye Protection	Protection from the elements	NO	NO
Insect Repellent	Insect Repellent	A run is always better without flies, mossies and creepy crawlies trying to catch a ride.	NO	NO
Body Lubricant	Anti-chafe Body Lubricant	A run is always better without chaffing.	NO	NO

TOILETS ON THE COURSE

Toilets are located at the start and finish at Lake Crackenback Resort and Spa