

TRA 11K 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 can be unpredictable and changeable and the course takes in 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 |
|---|--|---|--|--|
| Water Bottle or Bladder 500ml Capacity | Water Bottles or Hydration Pack capable of carrying at least 500ml of water. Filled with 500ml of water at the start of the event. | Hydration is EVERYTHING! Poor hydration can lead to many negative medical outcomes and we want you to finish your race at the finish line, not in the medical tent. This is a cupless event, so athletes will need a container to collect hydration at aid stations. Drink regularly and drink often! | No | No |
| 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 | 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. 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. 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. | So we can record your awesome race times throughout the event and we know exactly who you are. | No | Yes |
| Mobile Phone | For best coverage on the course Telstra is recommended. Please ensure you have: 1. Entered the emergency contact details provided by the Race Organisers into your phone. 2. Downloaded the Glymps App. 3. Fully charged your phone and ensured it has a SIM card that can connect to an Australian Cellular Network. Mobile phone coverage on the course is fairly strong throughout. High spots provide the best coverage. If phone signal is poor, try sending a text message. | To make contact in an emergency if required | Download Glymps App for Apple here | Download Glymps App for Android here |
| Crepe Bandage | 7.5cm Wide and at least 1.5m long unstretched | The bandage can be used for compression for snakebites; soft tissue injuries or when used with a splint (sticks if needed), immobilisation of fractured limbs. | No | No |
| Emergency Space Blanket | Emergency Space Blanket (also known as an emergency or thermal blanket) | A space blanket is small and light, and it can keep you warm by retaining your body heat, keep you dry during rain, can provide ground cover to keep you dry, can attract attention, or be used for shade. This is discretionary equipment, which means, you MUST bring this with you to the equipment check and carry it on the day if determined by the event organisers. Depending on forecast weather conditions on the morning of the event a decision will be made by race organisers and published at registration and on the facebook event page advising if this is to be carried on the day. | Yes | No |
| Long Sleeve Thermal Top | The top should be made of either a high performance synthetic material made up of fibres that do not hold water (hydrophobic) or they can be made of lightweight wool which does absorb water but it remains warm to wear when wet due to warm air being trapped in tiny air pockets. Garments made of synthetic materials such as polypropylene, polyester and chlorofibre (PVC) are perfect as the fibres do not hold moisture. | Weather can change VERY quickly, especially in the desinations where Trail Run Australia hosts events. Warmth is vital in cold weather situations and this light layer can be added or removed as conditions change. This is discretionary equipment, which means, you MUST bring this with you to the equipment check and carry it on the day if determined by the event organisers. Depending on forecast weather conditions on the morning of the event a decision will be made by race organisers and published at registration and on the facebook event page advising if this is to be carried on the day. | Yes | No |
| Waterproof Jacket | A breathable jacket with a hood and water proof seams is recommended. Plastic rain ponchos, wind jackets and water resistant jackets are NOT suitable. | Weather can change VERY quickly, especially in the desinations where Trail Run Australia hosts events. Warmth is vital in cold weather situations and this layer will keep you dry and stop you losing body heat. A waterproof layer can be added or removed as conditions change. This is discretionary equipment, which means, you MUST bring this with you to the equipment check and carry it on the day if determined by the event organisers. Depending on forecast weather conditions on the morning of the event a decision will be made by race organisers and published at registration and on the facebook event page advising if this is to be carried on the day. | Yes | No |

TRA 11K RECOMMENDED EQUIPMENT

| ITEM | DESCRIPTION | WHY IS THIS RECOMMENDED? | WEATHER RULING DEPENDENT | PROVIDED BY THE ORGANISERS |
|--|--|--|--------------------------|----------------------------|
| Clothing to suit the weather conditions on the day | In cold conditions this could be a beanie, gloves, fleece etc. In hot weather this could be light moisture wicking clothing etc | Other than the compulsory weather dependent items listed above athletes are recommended to consider the weather conditions on the day and wear and/or carry suitable clothing for the conditions. | 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 and must be taken regularly. Runners are encouraged to carry their own personal nutrition and hydration which they have trained with. Carrying your own nutrition with you means you can continue to fuel throughout the entire event. | No | No |
| Dry Sack | A light weight dry sack or zip seal plastic bag | A light weight dry sack or zip seal plastic bag will keep your mobile phone, nutrition, clothing and equipment dry in wet condition. | 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 with out 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 |