

# TRA5 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 Dependent equipment - A notification will be published on the Event App at least 24 hours before the event start advising if 'Weather Dependent Equipment' is to be carried on the day.

In this circumstance athletes MUST carry these items also. Missing 'Weather Dependent Equipment' = no start.

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.

These courses take in remote trails such as the Lower Thredbo Valley Track 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 DEPENDENT?	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
Water Bottles or Bladders 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. Drink regularly and drink often!	<b>Yes</b> - On a hot day a decision may be made for athletes to carry a <b>minimum of 500ml of water</b>	No
Race Number	<b>Visibility is Everything!</b> Your race number must be visible at all times and must be worn on your front torso over the top of your outermost layer. It must not be worn on your pants or leg. Do not cover your race number with any straps or article of clothing as this can prevent your timing tag from registering at the timing points. <b>Let's Get Attached</b> 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. <b>Respect the Chip!</b> 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 times throughout the event and we know exactly who you are.	No	Yes

# TRA5 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 should include a beanie, gloves, fleece, long leg thermal pants etc. In hot weather this should 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
Water Bottle or Bladder	Water Bottles or Hydration Pack	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. Drink regularly and drink often!	No	No
Mobile Phone	For best coverage on the course Telstra is recommended. Please ensure you have: 1. Downloaded the I2A Event App and set up an account. This will give you access to emergency contact numbers on the day. 2. 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 except for the Lower TVT where coverage is patchy. If phone coverage is patchy a text message will usually be able to be sent in most places. High spots provide the best coverage on the TVT.	To make contact in an emergency if required <a href="#">Download the I2A Event App for Apple</a> <a href="#">Download the I2A Event App for Google</a>	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 without flies, mosses 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
Spare Socks	Socks	Always good to have a fresh pair of socks if yours get wet, which is likely on a Trail Run Australia course.	No	NO

# BATHROOMS ON THE COURSE

Toilets are located on the course at the following locations

Lake Crackenback Resort