

# TRA32 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 can be predictable and changeable in the area.

These courses take in remote trails including the Tomaree Coastal Walk 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
Water Bottle or Bladder 2l Capacity	Water Bottles or Hydration Pack capable of carrying at least 2 litres of water. Filled with 2 litres of water at the start of the event so you have adequate hydration to keep you will hydrated between the start and the first Aid Station at 13.6k	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
Enclosed Running Shoe	A trail running shoe is preferable as they provide grip, toe protection and drainage which will be paramount on this course.	To protect your feet from rough, jagged, rocky and uneven terrain.	No	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
Mobile Phone	For best coverage on the course Telstra is recommended. Please ensure you have: 1. Downloaded the IZA 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 some sections on the Tomaree Coastal Walk 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 in this area.	To make contact in an emergency if required	<a href="#">Download the IZA Event App for Apple</a> <a href="#">Download the IZA Event App for Google</a>	No
Crepe Bandage	At least 7.5cm Wide (wider is recommended) and at least 2m 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.	No	No
Whistle	A pealless whistle is best	The sound of a whistle carries much further and is much louder than the human voice. This can be used to easily attract the attention of other runners or rescuers if required	No	No
Personal Snacks / Nutrition / Hydration	A selection of 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. Although nutrition and hydration are available at aid stations runners must 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
Rubbish Bag	Zip lock bag to carry personal rubbish	In line with our environmental policy, no trace must be left on the trails. Use the bag to carry personal rubbish to the next aid station where it can be deposited.	No	No
<b>WEATHER DEPENDENT</b>				
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. Compression garments are NOT suitable.	These items are only required if the weather and conditions on the day are forecast to be inclement, cold, wet or windy.  If you are injured in such conditions it is important that you have some options to keep yourself dry and warm until help arrives, which, due to the remoteness of some trails, can be some time or distance away.	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.	The event managers will make a ruling as to whether these items are to be carried A notification will be published on the Event App at least 24 hours before the start advising if Weather Dependent Equipment is to be carried on the day.  In this circumstance athletes MUST carry these items as well as the compulsory equipment listed. Missing Weather Dependent Equipment = no start.	Yes	No

# TRA32 HIGHLY 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
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, 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
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
First Aid Kit	May include blister care, sterile dressings, strapping tape, antiseptic wipes, band aids and any relevant personal medication	Always good to be able to look after any small issues as they arise	NO	NO

# BATHROOMS ON THE COURSE

Toilets are located on the course at the following locations

Birubi Point, Robinson Reserve, Fishermans Bay, Boast Harbour, One Mile Beach and Barry Park