

What	Description	When	Example
Mobile phone, fully charged	Carry a spare powerpack if your phone is known not to have long battery life - we encourage lots of photos to be taken, but not at the expense of your phone	In your pack at all times.	
Whistle	Pealess - many race packs now have whistles attached. Test to ensure that they work if you choose to use it.	In your pack at all times.	Whistle Keyring
Thermal/Space blanket	For use and treatment in cases of hypothermia and/or shock.	In your pack at all times.	Thermal/Space blanket
Compression bandage	For treatment of sprains and snakebite.	In your pack at all times.	Cold compression bandage
Carbohydrate	Must be 'solid' (bars, gels, actual food(!)).	Minimum 150 grams per section - can be collected at each CP.	
Hydration	Capacity for a minimum of 2 litres of fluid at any given time - hydration packs, bottles, etc.	Available at all times.	
High-Visibility Safety Vest that complies with Australian Standard AS/NZS 4602:1999	This must completely cover your pack and torso. Minimal vests that have become popular aren't acceptable as they don't provide sufficient coverage.	At all road crossings and after dark/before daylight.	Hi-vis vests
Race Bib	Provided by AAA Racing.	Must be worn on the chest or stomach and be visible at all times.	
Course Map and Description	Provided by AAA Racing - a link will be sent prior to race day for course download.	Either printed copy or viewable on a mobile device	
Long sleeved thermal top	Wicking and compression fabrics are not suitable. Neither is cotton. Thinsulate and merino wool fabrics are preferable fabrics and more suitable.	Must be available (in your pack) after dark. No exceptions.	
Long trousers/tights	Wicking and compression fabrics are not suitable. Neither is cotton. Thinsulate and merino wool fabrics are ideal.	Must be available (in your pack) after dark. No exceptions.	
Warm headwear	Beanie or buff	Must be available (in your pack) after dark. No exceptions	
Wet weather gear	Breathable, waterproof jacket and trousers.	Must be available in the event of inclement weather - you may be instructed to carry at all times should race organisation determine that conditions warrant it.	
Gloves	Full fingered, thermal.	Must be available (in your pack) after dark. No exceptions.	
Headlamp and small, back up light (the latter sufficient to walk at least to the next CP).	Ensure that you have tested on trail prior to the event.	Must be available (in your pack) from the last anticipated CP you leave before 4:00pm for 100 mile runners and from the start for all other participants. Exceptions: ½ marathon excluded	
Spare batteries for both lamps	Stored in a ziplock bag.		