



The following gear is compulsory at all times during the event
It is recommended that you include these items in your backpack on all of your training walks.

● **A backpack to fit all of your gear in**

A backpack that contains a bladder is ideal for hiking. They can be purchased for a reasonable price at camping and outdoor retailers

● **Water. Minimum of 2L to be carried at all times.**

A bladder is recommended for this purpose and a separate bottle for electrolytes.

Note that water refill stations will be available at Fun Stops. Water bottles and or cups will not be available.

● **Food/snacks**

Light snacks such as fruit and muesli bars will be provided at each Fun Stop. A light meal will be provided at Fun Stop 3. It is recommended you bring snacks to keep you going throughout your 50km walk and during training.

● **Basic first aid kit**

Band-aids, sunscreen, tape, bandage, snake bite bandage and 1 x emergency/space blanket per team

● **Clothing for all weather**

Layers to keep warm or cool down, and a rain jacket.

● **A fully charged mobile phone and power pack**

● **Head torch and spare batteries**

● **Hand sanitiser**

One small bottle per participant

● **Trek map**

We will send you a printed version (available from Feb 2022). We recommend you download an offline version to your phone.

The following items are highly recommended:

● **Hiking poles**

● **A spare pair of socks**

And a plastic bag to put wet socks in

● **Electrolytes**

Remember to test these out before event weekend!

● **Tissues or spare toilet roll**

On event weekend...

● **Event bib. You will receive this on event day.**

- Your bib must be visible at all times on the front of your shirt (outer layer).
- Your event bib will contain safety information such as who to call in an emergency, including the phone number for our Event Control Centre.
- It also includes a chip timer which helps us track your progress on the trail and ensure that no-one gets lost.

● **A key card, or credit card or cash**

There will be coffee or food vendors available at some Fun Stops so you can treat yourself along the way



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