

What	Description	When	Example
<b>Mobile phone, fully charged</b>	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.	
<b>Whistle</b>	Pealess - many race packs now have whistles attached. Test to ensure that they work if you	In your pack at all times.	<a href="#">Whistle Keyring</a>
<b>Thermal/Space blanket</b>	For use and treatment in cases of hypothermia and/or shock.	In your pack at all times.	<a href="#">Thermal/Space blanket</a>
<b>Compression bandage</b>	For treatment of sprains and snakebite.	In your pack at all times.	<a href="#">Cold compression bandage</a>
<b>Carbohydrate</b>	Must be 'solid' (bars, gels, actual food(!)).	Minimum 150 grams per section - can be collected at each CP.	
<b>Hydration</b>	Capacity for a minimum of 2 litres of fluid at any given time - hydration packs, bottles, etc.	Available at all times.	
<b>High-Visibility Safety Vest that complies with Australian Standard AS/NZS 4602:1999</b>	This must completely cover your pack and torso. Minimal vests that have become popular aren't acceptable as they don't	At all road main road crossings, through the entire section from Toogoolawah to moore, after dark.	<a href="#">Hi-vis vests</a>
<b>Race Bib</b>	Provided by AAA Racing.	Must be worn on the chest or stomach and be visible at all times.	
<b>Course Map and Description</b>	Provided by AAA Racing - a link will be sent prior to race day for	Must be printed and laminated - carried at all times.	
<b>Long sleeved thermal top</b>	Wicking and compression fabrics are not suitable. Neither is cotton. Thinsulate and merino wool fabrics are preferable	Must be available (in your pack) after dark. No exceptions.	
<b>Long trousers/tights</b>	Wicking and compression fabrics are not suitable. Neither is cotton. Thinsulate and merino	Must be available (in your pack) after dark. No exceptions.	
<b>Warm headwear</b>	Beanie or buff	Must be available (in your pack) after dark. No exceptions	
<b>Wet weather gear</b>	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.	
<b>Gloves</b>	Full fingered, thermal.	Must be available (in your pack) after dark. No exceptions.	
<b>Headlamp and small, back up light (the latter sufficient to walk at least to the next CP).</b>	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. No exceptions.	
<b>Spare batteries for both lamps</b>	Stored in a ziplock bag.		