

**WILD WOMEN ADVENTURE RACE – EQUIPMENT LIST**

Competitors are required to carry the following **mandatory items** to maximise their safety during the Wild Women Adventure Race. Mandatory equipment may be checked by officials at any time during the event, so must always be carried as specified. If you are unsure about any of your items meeting the event specifications, please check with event directors at registration prior to the start of the event.

Mandatory Equipment List includes:

<b>MANDATORY EQUIPMENT LIST - GENERAL</b>		
<b>Item</b>	<b>Quantity</b>	<b>Description</b>
Mobile phone	1 x per team	In a Waterproof bag, with full battery charge. The mobile phone is recommended to be on the Telstra NextG Network.
Basic First Aid Kit	1 x per team	Minimum content includes: 3 x Crepe/stretching bandage, 1 x triangular bandage, 2 x sterile dressings, 1 x roll of strapping tape, Anti-histamine tablets (eg: Phenergan, Polaramine)
Space blanket	1 x per person	Silver foil type. Must be in serviceable and usable condition. (check this before you race as they deteriorate over time).
Whistle	1 x per person	Pea less, so still functional in wet conditions. Must be readily accessible at ALL times
Official Race Bib / Number	1 x per person	Worn as the outermost garment at ALL times
Compass	1 x per team	Must be 'proper' southern hemisphere navigational compasses (zone 5) such as a Silva or Suunto etc. Not e.g. integrated into a watch.
Fluid (water or electrolyte)	1 x per person	Competitors must be carrying a minimum 1 litre of fluid at the start of the race
<b>MANDATORY EQUIPMENT - MOUNTAIN BIKE DISCIPLINE</b>		
Mountain Bike	1 x per person	Appropriate for rugged trails and long distances
Helmet	1 x per person	Australian Standard (AS) approved
Recommended Items	1 x per team	Puncture repair kit, gloves, bike computer, spare tubes, chain breaker & spare link, map board, tyre levers, hand-pump
<b>MANDATORY EQUIPMENT – WATER CRAFT DISCIPLINE</b>		
Watercraft	1 per team	Provided
Paddle	1 x per person	Provided or BYO (as specified)
PFD Personal Floatation Device	1 x per person	Provided or BYO (as specified)
<b>Other Recommended Equipment (Optional):</b>		
Other appropriate clothing and footwear, hat, backpack, food, water, appropriate glasses/eyewear, waterproof map case, sunscreen, dry bags to waterproof your equipment, marker pens, wristwatches. Go Pro / waterproof camera if you want to take photos on course. Waterproof jacket may be advised by event organisers on the day. Paddle and PFD may be brought, if specified in final update and course notes.		
<b>Prohibited Items</b>		
Any <b>GPS device (including GPS watches)</b> / pedometer that shows distance travelled / steps etc. (Can be sealed and carried in pack but must not be accessed on the course) <b>Electronic Bikes</b> or any motorised / electronic devices that provide assistance.		