

Mandatory Kit			
What	Description	When	Exceptions
Hi-Viz vest	Compliant with AS/NZ 1906.4: 2010	100 mile/100km runners: On all roads as per the race briefing - see below	Applies to all 100 miler runners
Whistle	Pealess - many race packs come with one attached, make sure it works	With you at all times	12, 30 & 50 km
Headlamp	Along with spare batteries and back up light sufficient to reach the next CP	100 mile, 100/50 km during darkness or if it darkness will fall before reaching the next CP	12 & 30 km
Hydration pack	Sufficient to carry at least 1.5 litres of fluids	With you at all times	12 km - 600 ml only
Race number	Race bib collected at sign-in	With you at all times, worn on the front of your shirt or on a race belt	None
Warm/protective clothing	All weather gear for protection against cold and/or wet	It is not mandatory to have these items with you but they must be accessible (crew, drop bag, etc.) should conditions demand - if you do not have sufficient clothing and you are in a condition whereby you need them, you will not be permitted to continue	None
Mobile Phone	Fully charged - if your phone is known not to have a long battery life, carry a spare battery or power pack to charge it from	With you at all times	None
Course map	Access via your mobile phone is sufficient	With you at all times	None
Compression Bandage	On your person	With you at all times	None
Recommended Kit			
Sunscreen			
Insect repellent			
Anti-chafe cream			

Blister prevention/treatment kit			
Personal first aid kit			
Road Crossing Locations			
<p> • Beerburrum-Woodford Road – no exceptions Leaving CP3 toward CP4 Crossing at CP4 Crossing to begin the Powerlines section (a few km after CP6) Crossing after leaving CP7 toward CP6 Running the 200 metres before taking the track to CP6 </p> <p> • Glasshouse-Woodford Road – after dark On the approach to CP5 on the outward leg before turning into Connection Road Approaching CP6 on the outward leg Shortly after leaving CP5 and heading home past the lookout before breaking off to head toward CP4a </p> <p> • Old Gympie Road - after dark Crossing the road at CP4a </p> <p> We understand it's a bone of contention but Beerburrum-Woodford Road in particular is dry and dusty and has a 100km/hour speed limit. The crossing heading into the Powerlines in particular needs to be approached with caution. If you're a runner with crew, they should meet you at each of these intersections but ensure that the park safely out of the way of oncoming traffic. </p> <p> Though there is little running on these roads point to point (a few hundred metres in total), we advise to run against the flow of traffic in order that you're immediately visible to oncoming traffic. </p>			

Note:

- participants must adhere to all directions and instruction from event crew
- course maps will be updated as frequently as necessary leading into the event
- all participants will receive a briefing email on September 8th with a follow up mail on September 10th - there will be no on site briefing in order limit instances of large groups occurring

Drop Bags

Drop bags must be of a secure nature whereby:

- a) there is no possibility of leakage
- b) they are clearly marked with the participants name and designated CP number

Acceptable items are:

- 1) supermarket thermal bags [EXAMPLE](#)
- 2) Shoebox size packages

Unacceptable items are:

- 1) ziplock bags
- 2) polythene bags (any size or shape)
- 3) carrier bags

Drop bags will be returned to the finish area as and when the related CP closes. If you retire from your chosen event early, then you will need to make arrangements for collection of any that you have had sent to later checkpoints

Drop bags for those in the 50 & 30 km events will need to be deposited by 2:00 am at the start/finish area