

## **MAX24hour Solo - Competitor Equipment List**

As a competitor in the MAX24hour, you are required to carry a number of mandatory items with you. The mandatory equipment is divided into two categories, equipment you must carry at ALL times, and equipment you must carry during a specific DISCIPLINE. It is not a list of what you should take, just the mandatory items that you must take. You are responsible entirely for carrying the appropriate equipment and clothing for the climate, conditions and activities. Random checks of mandatory equipment will occur during the race.

Some abbreviations that are used include:

pp – per person. I.e. one of these items is required.

qty – quantity. You must decide the quantity that is required (minimum of one).

Items NOT permitted include:

- Maps other than those provided by the organisers;
- GPS devices of any type;
- Sailing implements;

### **General Notes**

- If you are unsure if a piece of equipment will be suitable, have it checked by the race director prior to the start.
- Any mountain bike towing systems must have an immediate release system to reduce the risk of accidents.
- Manufacturers' tags must be left on equipment so that organisers may inspect the items technical specifications.
- Watches with altimeters are permitted.
- A Telstra CDMA phone is recommended as it has better coverage all round in remote areas (lets face it, if you are hurt or in trouble, you want to be able to get a call through). Though a GSM phone is permitted.

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<b>ALL TIMES - ON PERSON</b>		
<b>Item</b>	<b>Quantity</b>	<b>Description</b>
Whistle	1pp	Pealess so still functional in wet conditions and easily reachable at all times.
Headlamp/ torch	1pp	Functional and water resistant, with sufficient qty of batteries. This item is classed as an On Team item during daylight hours.
Official race bib	1pp	The official race bib must be worn at all times as the outermost garment.
All weather jacket	1pp	Must be of a waterproof, windproof and breathable fabric, tape sealed and with a hood. Jackets with a membrane recommended. Nylon with PU coating not recommended.
Long sleeve top	1pp	This first layer garments must be of a thermal material eg polypropylene or wool, not cotton. Only one long sleeve top is required, whether it is in your pack or you are wearing it.
Long pant bottom	1pp	See note above.
Balaclava or beanie	1pp	Polypro, wool, acrylic or fleece is required, not cotton (Bufs are permitted)
First Aid Kit	1	min of 2x crepe bandage (min width 7.5cm, min length 2.3m un stretched), 2x triangular bandage, 2x sterile dressing, roll of strapping tape
Survival or space blanket	1pp	Silver foil type.
Water bottle/ bladder	qty	Ensure that water containers don't leak. Water requirements will differ from person to person, but it is recommended that a minimum of 2-4 litres is carried by each person starting each leg.
Mobile Phone	1	Waterproofed and with fully charged batteries and turned off during the race. Must be on the Telstra GSM or CDMA networks (this will be checked). CDMA phone recommended.
Compass	2	Must be "proper" southern hemisphere navigational compasses (zone 5) such as a Silva or Suunto etc. Not eg integrated into a watch.
Pocket knife	1	Minimum 2 inch blade, sharp enough to cut rope or webbing in an emergency. When kayaking it must be easily reachable at all times.
Trowel or small shovel	1	Required for burial of human waste. Must be capable of digging 15cm deep hole. Spoons NOT acceptable. Qty of biodegradable toilet paper recommended.
Course description, maps, control card	qty	Course description and map of the area you are in must be carried at all times. Control cards will be issued before each leg/start of race. Maps covering previous or later sections of the course do not need to be carried.
EPIRB	1	Person Locating Beacon 121.5Mhz (Analogue) or Person Locating Beacon 406Mhz (Digital) (Will be tested at rego)
Recommended	Optional	Other appropriate clothing and footwear, sock protectors, backpack, food, water, appropriate glasses/ eyewear, waterproof map case/ contact, sunscreen, insulation mats, micro towel, plastic bags to waterproof equipment, marker pens, wristwatches, Paracetamol, teddy bear, duct tape.

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<b>MOUNTAIN BIKE - ON PERSON</b>		
<b>Item</b>	<b>Quantity</b>	<b>Description</b>
Mountain bike	1pp	Appropriate for rugged trails and long distances.
Helmet	1pp	Australian Standard (AS) approved.
White front light	1pp	Illuminated at all times at night.
Rear red light	1pp	Illuminated at all times at night.
Recommended	Optional	Repair kit, bike computer, gloves, additional spare tubes, patches, chain breaker and spare link, map board, tyre levers

<b>KAYAK DISCIPLINE - ON PERSON</b>		
<b>Item</b>	<b>Quantity</b>	<b>Description</b>
PFD (Personal Flotation Device)	1pp	PFD type 2 or 3 Australian Standard.
Whistle	1pp	Pealess so still functional in wet conditions.
Paddle	1pp	
Spray Skirt	1pp	A correctly fitting spray skirt. This is applicable to kayaks that are designed to fit a skirt (not required for skis, sit on tops)
Enclosed shoes/paddling booties	1pp	Must be worn when on or near the water.
Glow stick	qty	Attached securely to PFD. 100mm glow stick in a highly visible position at all times, day and night. Stick is to be broken and glowing when dark. Multiple sticks may be required. Any colour permitted.

<b>KAYAK DISCIPLINE - PER BOAT</b>		
<b>Item</b>	<b>Quantity</b>	<b>Description</b>
Single kayak or surf ski	1	Kayak must have internal bouyancy (will float even when full of water) Watertight bulkheads or fixed buoyancy recommended
Hand bailing device	1	Attached to boat, either bailing bucket or hand pump. This is in addition to any foot pump or electric pumps that may be fitted (for enclosed boats only, surf ski's & sit-on-tops exempt)
Glow stick	qty	Qty 100mm glow stick fixed to rear deck of boat in a highly visible position at all times, day and night. Stick is to be broken and glowing when dark. Multiple sticks may be required.
Recommended	Optional	Dry bags containing mandatory items susceptible to water, spray jackets/CAG.