



# WILDSIDE ADVENTURE RACE

experience adventure

## Mandatory Gear List

The following is the Mandatory Gear List for this year's Wildside Adventure Race Port Macquarie Edition. It details the equipment you will need and makes suggestions/recommendations on gear that may come in handy.

Right off the bat, please accept, with our deepest congratulations, that you will be cold, wet, hot, sweaty, shivering, hungry, tired and beat up. This is a guarantee. However, we also guarantee that you will have an incredible experience, visit places many have not, accomplish great things and create memories that will last a lifetime.

Our goal is not to have you carry loads of gear that you won't use, and have arduous gear checks just for the sake of having gear checks. But we have to balance this out with the fact that this is an adventure race, some of it in rugged country that could range from 5 to over 25 degrees Celsius. It is this combined with our racing experience that has guided this gear list.

Remember it is your responsibility to carry the 'right' equipment, clothing and supplies for this race. The 'right' piece of kit depends entirely on you and your team. We strongly recommend that this is a topic of discussion before race start.

There are 3 categories – 'Mandatory', 'Recommended' and 'Suggested'. 'Suggested' means just that, and are based on our experience and knowledge of the region. Ultimately your call, though "damn fool if you don't" could apply. 'Recommended' can be translated as "up to you, but you may seriously regret not having it." And, we will admit, there is a certain degree of comfort here, which may or may not appeal to you. 'Mandatory' means you must have it. There will be time penalties for any missing mandatory gear.

If you have any questions about any items on the mandatory gear list, send us an email ASAP. We will not be flexible at rego and 'No!' these items are not open for interpretation. Remember, no one ever intends to have an accident, get lost or get injured, but it happens even to experienced adventure racers. These items could save your life!

Okay, here's the list...

# Mandatory Gear

## To be carried at all times during the race by every INDIVIDUAL racer:

- Race bib (provided) - This must be worn as the outer most layer and visible at all times.
- Emergency Space Blanket
- Headlamp/light source with spare batteries
- Minimum 2L of water capacity
- Whistle (NB you will need one for your PFD)
- Windproof/waterproof jacket - must be waterproof, windproof, breathable as specified by the manufacturer. Must have hood, seams tape sealed and be suitable for potentially extreme conditions.
- Base layers
  - Long sleeve top and pants - close fitting - synthetic or wool fabric
  - Lightweight, moisture wicking/quick drying and worn next to your skin
- Beanie or Buff
  - Must be close fitting and of synthetic or wool fabric
  - Lightweight, moisture wicking/quick drying, and worn over your hair/skin
- Mid Layer Fleece Top
  - The mid layer top is used between the base layer and shell layer to provide additional insulation in cold environments. Long sleeve top of synthetic or wool fabric. Mid weight (greater than base layer), moisture wicking/quick drying.

## To be carried by every TEAM at all times:

- Maps, Race info, Control Card (provided)
- Compass x 2
- A GPS tracker (provided)
- First aid kit (see details below for kit contents)
- Knife - Min blade length 50mm, sharp enough to cut rope or webbing, folding & must be easily accessible.
- GPS Unit - Each team must carry a GPS device for emergency position location. This will be vacuum sealed in tamperproof bag before the race. Teams must provide suitable waterproofing for the device. A "smartphone" with GPS is acceptable provided it has an application installed that gives latitude & longitude. If a smartphone with GPS is used, it can also meet the 'Phone' requirement.
- Fully charged mobile phone in waterproof bag (for emergencies only!)

## Paddle Legs (to be carried/worn at all times)

### All boats are provided

Per Boat

- Throw Bag

Rescue device with length of rope stuffed loosely into a bag so it can pay out through the top when thrown to a person - minimum rope length 10m

- Glow Stick – attached to rear of boat - must be glowing when dark.

On person

- Personal Flotation Device (PFD) - Right size & meet Aus safety standards. (Inflatable vests not acceptable)
- Whistle. Must be attached to the PFD/ Lifejacket
- Paddle (NB: We can provide "commercial" [read: not great] kayak paddles as needed. It is recommended you bring your own.)
- Glow Stick - One attached to PFD in visible position at all times - must be glowing when dark.
- Closed in Footwear – must be worn at all times

## Mountain Bike Legs (to be carried at all times)

- Approved mountain bike with relatively new brake pads, serviced and in good repair
- Front light – can be on your helmet or on the bike
- Rear mounted flashing red light
- Australian safety standards Approved helmet

## **First Aid Kit**

Must be in a waterproof bag and have

- Bandage(Elastic/ Crepe) 2m long x 7.5cm wide

Total length of bandage must be 2m and width 7.5cm un-stretched. Multiple bandages are permitted.

Used to create localized pressure to site of injury or wound.

- Triangular Bandage

1 x this bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications.

- Wound Dressing (Sterile)

2 x dressing dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self-adhesive or with a bandage. Gauze dressing with nonstick film recommended.

- Strapping Tape (Adhesive/ surgical tape)

1 roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.

- Antihistamine (strong)

Plus we recommend

- Lube & lots of it – trust us – this stuff could make the difference in your race

- Anti-diarrhea tablets

- Bug Spray

- Sunscreen

- Electrolyte replacement - take more than you think you'll need, then add ½ again + train on it before you race so you are used to it

- Pain meds

- Disinfectant & antiseptic solutions/creams

- Blister treatment

NB: Make sure you have a fully stocked First Aid Kit. Remember what you take/don't take could make the difference between being comfortable/being able to continue/being alive vs. "the alternatives," none of which are good. Expect to be between TA's for at least 4hrs... hope for the best, be prepared for the worst. Stay safe, please don't make us come and find you.

## **Is that it?**

The Mandatory gear list above is the minimum requirements for safe travel. You are free to bring any additional items you feel necessary provided they are not on the forbidden list. Remember it will be cold at night – low of 8 degrees / max of 20 degrees.

## **Recommended Gear**

- Altimeter

- Sunglasses

- Bike/paddling gloves

- Gaiters

- Long pants/tights/leggings for warmth and for bushbashing/trekking through nasty stuff

- Warm gloves

- Toilet paper

- Trekking poles

- Duct Tape & Zip Ties

- A spare pair of trekking shoes

- Dry bags – at least one tough one that can cope with a whole race pack.

- Spare bidons or bladders

## **Suggested Gear**

- Spare tires and tubes for the bike
- Bike repair kit & stand-up bike pump in Bike or bike box (One per team)
- Extra dry/warm clothes as you see fit... always the balance between being "comfortable" and being "light/fast."
- Lip Balm
- Garbage bags

## **Forbidden**

### **- Active GPS**

Teams are required to take a GPS unit, which we will vacuum seal at rego, that is to be used in case of emergency only, such as if you get to the Pacific Ocean, or the State border, or if requesting an emergency medical evac. If the vacuum seal is broken, or if we can determine that teams have used their cell phones for GPS/direction assistance, you will be DQ'd, which would suck.

- Any motorized equipment or vehicles.
- Distance measuring devices such as foot pod accelerometers & pedometers. (cycle computers exempt)
- Mobile phones, radios, other communications or internet access devices etc. (excluding the compulsory emergency phone sealed prior to the race).
- Maps other than those provided by the organisers (specifically from race start to crossing the finish line).
- Firearms, night/nocturnal vision devices, utility belt, jet ski, rocket shoes – this is a no brainer but we had to put it here just in case!