

TOP 10 GEAR TIPS

1. Weather

Prepare for all weather and the varying terrain. The weather can change dramatically during the course of the event — from cold to hot, wet to dry, etc.

2. Test everything

Plan and test what you'll wear and carry during training. Don't try something new at the event!

3. Travel light

Leave heavy and spare gear (and food) with your support crew.

4. Night light

Travelling at night can be the toughest part of the event. Use a head torch to keep your hands free for balance, and don't compromise on the power of the light. A wide, strong beam will help you stay emotionally and mentally strong.

5. Clothing

Essentials for your well-being include rain jacket, thermal top, gloves and beanie. Be prepared for your clothing to get wet from either sweat or rain. Choose lightweight, breathable gear that dries quickly, and carry extra clothing with your support crew for when you need a change.

6. Footwear

Wear a good pair of hiking shoes, boots or trail running shoes. Make sure they're well broken-in before the event by wearing them on practice walks. During the event have a well tested second pair at the ready... just in case! Don't wear new shoes for the event.

7. Socks

Just as important as your shoes! They must fit your feet and then fit perfectly inside your shoes. Don't get them a size too big or too thick for your shoes. The sock should have an articulated y-heel design, arch and ankle elastic to ensure it doesn't slip down, cushioning underfoot, a flat toe seam and fabric that keeps moisture away from your skin. Good-quality running socks should have all of these features.

8. Daypack

Keep it small, light and comfortable. Remember that you only have to carry enough gear, food and water to get you from one checkpoint to the next. That's why you have a support crew!

9. Walking poles

At least one pair per team, well tested by all, is advisable. You never know when a weary or injured team member will need the support that these poles provide.

10. Mandatory gear

Mobile phone and first aid kit. Make sure you have all required supplies in your first aid kit as specified in the event rules, including a thermal emergency blanket per team member.

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CHECKLIST

Below are a set of checklists to help you determine what to wear and carry during the event. But remember that every walker is different – it's strongly recommended that you find what works for you during training.

What to wear

- Quick-dry shorts
- Quick-dry long pants
- Quick-dry shirt
- Quick-dry underwear
- Quick-dry tights/leggings or compression garments
- Thermal long sleeve top and long pants
- Lightweight insulated top
- Waterproof rain jacket with hood
- Liner gloves
- Beanie
- Socks
- Trail shoes
- Lightweight boots
- Sunglasses
- Sun hat or cap

What to carry with you

- 10-20 litre daypack
- Water containers: 2-3 litre total capacity. 2 or 3 litre water bladders with drinking tube are recommended
- Walking poles; either one or a pair. One pole for more balance and a pair for more body drive and reduced leg fatigue
- Head torch with ample light and good battery life

- Event Map Book and protective pouch
- Dry (waterproof) bag or plastic bags to keep clothes dry and/or put wet gear in
- Anti-chafing lotion
- Snacks (salty and sweet) and energy food
- Sunscreen
- Personal identification and some money for emergencies

What to carry with the team

- First Aid Kit (as per event rules)
- Mobile phone (two per team, ideally on different networks as per event rules)
- Spare torch batteries (and bulb if required) at least 1 set per battery type
- Small walker's repair kit (spare shoelaces, safety pins, string)
- Thermal emergency blanket is compulsory

What spare gear to give the support crew

- Duffle bag or box for storing gear listed below
- Spare clothing, including:
 - Socks
 - Shoes, in case a team member's main pair causes blisters or gets damaged
 - Cold or wet weather gear
 - Extra technical clothing

- Very warm jacket and blanket/sleeping bag for relaxing at checkpoints
- Extra first aid gear
- Spare torch, batteries and bulb; spare batteries and bulbs for walkers' torches
- Small walker's repair kit (spare shoelaces, safety pins, string)
- Team food supplies, and eating and cooking equipment
- Mobile phones
- Spare eyeglasses/contact lenses
- Camera and spare batteries
- Something comfy for the walkers to rest on – picnic chairs, picnic rugs, inflatable mats or waterproof travel rugs and blankets
- Washing bowl, washer and soap
- Spare towels
- Rubbish bags

What your support crew should carry for them

- Warm clothes
- Hat and sunglasses
- Food and drinks
- Support Crew Information and Map Book
- Support Crew Vehicle Pass (check if this applies to your event)



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