

# 21KM



## MANDATORY GEAR LIST

All athletes must carry the following mandatory gear at all times during the race. **No mandatory gear = no start!**

- Thermal layer for torso** – long sleeved top made from quick-drying thermal fabric such as wool/polypropylene/merino. Cotton, coolmax, lycra and compression garments are not acceptable
- Thermal layer for legs** – long leggings made from quick-drying thermal fabric such as wool/polypropylene/merino. Cotton, coolmax, lycra and compression garments are not acceptable
- Thermal hat** – made from wool/polypropylene/merino (Buffs are accepted but must meet thermal requirements)
- Thermal gloves** – made from wool/polypropylene/merino
- Waterproof jacket** – MUST be seam-sealed/taped and have a hood (example [here](#))

Recommended, but not mandatory:

- A drinking cup or bottle, as it is a cupless race
- Your mobile phone and backup power in a waterproof container/zip lock bag