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Hi there,

Hopefully your training has been going well and you are on track for those big weeks you have coming up on your training plan.

As we get closer to race week, we wanted to make sure you know what mandatory gear you are expected to have with you when you complete Athlete Check-In in February. It also means that if you are missing anything, you can add it to your Christmas wish list!

The must-haves:

- Base layer top (long sleeve & wool or polypropylene)
- Base layer pants (long & wool or polypropylene)
- Thermal hat (Buff accepted)
- Waterproof jacket (seam-sealed and hooded)
- Thermal gloves

In addition to the must-haves, we recommend you also bring:

- A drinking cup or bottle, as it is a cupless race
- Your mobile phone and backup power in a waterproof container
- A headlamp for if you may finish your race after dark
- Your own specific on-course nutrition requirements

We will update you on Wednesday 5 February on what level of mandatory gear you will require. Please ensure you are following our **Facebook page** and keep an eye out on the website for this.

If you are travelling to Rotorua before this date, please ensure you pack all of the above – it'll save you needing to go and purchase it after you arrive.

Happy running!
Tim Day, Race Director



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