

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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