

## **MUST HAVE ITEMS – ON TRAIL**

The items listed in this section are the mandatory ones from an OHS perspective.

You will no doubt have your own list of must have items.

Each runner must carry these when out on the trails, and compliance will be checked by marshals before each person heads out.

*For further information re our obligations to your safety, click this link to read our [Risk Management Plan](#).*

*For further information regarding event suitable clothing & equipment visit our [Training & Preparation](#) page.*

### **DAY & NIGHT**

- **Weather appropriate clothing**
- **Mobile Phone**
- **Spot Gen4 GPS Messenger/Tracker**

Supplied with entry. On loan for duration of event. This is the “baton” in the relay.

How to use this device will be detailed in the race briefing. There will also be an opportunity to test the functions on the Friday evening.

If you are curious how it works here’s a link to the user guide - [SPOT Gen4 User Guide](#)
- **First Aid Kit**

An event specific kit will be supplied with each team entry to be passed like a baton. It will be yours to keep.

You are more than welcome to BYO First Aid kit. As a minimum it must include:

- 1 x Snake Bite Bandage (must have correct tension indicators)
- 1 x Marker Pen – suitable for marking the location of a snake bite on a bandage.
- 1 x Crepe bandage.
- 2 x Non-Stick wound pads
- 1 x eye pad
- 6 x wound closure strips
- 1 x triangular bandage
- 1 x pair of latex gloves.

1 x Emergency (Space) Blanket

NB. The race briefing will include information regarding snake bite first aid. It is strongly recommended that you watch this video:

[Youtube - How to treat a snake bite | St John WA](#)

- **Whistle**

Supplied as part of the event specific first aid kit

- **Running Pack / Vest / Belt**

In order to carry the mandatory items, you will need to wear either a running pack/vest or a running belt during our event.

The things you **MUST** carry are:

- First Aid Kit

Supplied kit specs -240g , 15.5 x 10 x 5 cm.

[Trail Survivor Ultra Running First Aid Kit](#)

This kit has loops that are compatible with a running belt.

- Spot Gen4 GPS Tracker.

Specs – 142g, 8.8 x 6.8 x 2.4 cm.

[Spot Gen4 GPS Messenger](#)

Each device has a velcro strap so it can be attached to vests/belts. It also fits (snuggly) in the waist pocket on my running shorts.

- At least 500ml of water if the forecast is 25° or higher.
- Mandatory wet weather /cold weather clothing if that decision is made.
- Any goodies you want to consume on the trail.

**NB. THERE ARE NO AID STATIONS ON THE TRAILS**

## **NIGHT RUNNING**

- **Headlamp / Torch**

You will be required to start at dusk or any night-time leg with a fully charged headlamp/torch to aid in navigation.

The light must be bright enough to illuminate the track at least 50m ahead.

It will be recommended that the headlamp/torch should have a strobe function that can be activated when assistance is required. This visual SOS will ensure others are attending the correct location.

It is also recommended that you carry a small torch (or spare headlamp) as a backup in case of a malfunction of your primary light source.

- **Red blinky light and reflective garment/item**  
**NB. Only applies to the 6 km trail**

This is very much a one-per-team item.

One section of the 6 km loop is a 2.5 km stint on a gravel road, namely the Old Ocean Road. This is a local road managed by the Corangamite Shire. It is a seldom used road, especially at night, but the red taillight and reflectivity are part of our Shared Use Permit.

If you don't own to have access to a reflective running vest or similar, we will have some reflective ribbon and safety pins on standby so you can make your own.

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## **MUST HAVE ITEMS – AT BASE CAMP**

Our venue. Our Base Camp: [Kangaroobie](#)

To help you decide what you think you NEED to bring, these are some facts about the location:

The closest supermarket to the venue is in Port Campbell, a 21km drive from Kangaroobie. Open 8:00am to 7.30pm, 7days a week. This is a small supermarket with limited options of stock, but it does specialise in the providing the staples for short stay tourism.

The closet 'traditional' supermarket is in Timboon, a 37km drive from Kangaroobie. Open 8am to 8pm on weekdays and 8am to 7pm weekends.

The closest pharmacy is in Timboon. Open 10am to 2pm Sat, closed Sunday.

The next closest pharmacies are in the major regional towns of Warrnambool or Colac, both approximately 80 km from Kangarooie.

## **FOOD**

To avoid inconvenience you will need to bring enough food to get you through your stay.

Kangarooie has a commercial kitchen and you will have access to all the cookware, utensils, crockery and cutlery. All we ask is that you do your own dishes and leave the kitchen as clean as you find it.

There is a large walk-in fridge and freezer that you will have access to keep your food fresh. It is suggested that you bring along a box that you can place in the fridge or freezer to clearly separate your goodies from everyone else's (including the "Hands Off" Kangarooie food.)

For other food items, you will be allocated a table in the dining hall that will be for your exclusive use and storage.

## **MEDICAL STUFF**

You will also have to make sure you bring any medication (prescription or over-the-counter) that you need for the weekend.

You should also give thought to any other first aid/injury management items that you reasonably anticipate you may require (i.e. the "I hope I don't need this, but I'll be glad that I brought it if things don't go to plan" items.)

A couple of points to keep in mind:

- There is quite a bit of uneven terrain, so at some stage your ankles might be asking for a bit of assistance.
- Leeches are almost a given. An insect repellent cream or gel containing DEET would be a good idea to rub on your exposed skin before heading out. If a leech does end up getting a feed off you, you probably won't know about it until you get back to Base Camp and somebody asks if you got in a fight with Mike Myers. You will want something like Dettol to give the bite a decent clean and good quality band-aid to stem the bleeding.
- Kangarooie has Jack Jumper ants, and a bite from one of these is far from pleasant. Insect repellent may or may not help, as they are very much a bite and run type of insect. Consider carrying an EpiPen if you are at risk of anaphylaxis.

- There are a number of beehives around Kangarooobie. While we don't have any trails that put you in an unsafe proximity, this is worth a mention for those who have allergies. Consider carrying an EpiPen if you are at risk of anaphylaxis.

We can't advise you to take medication like paracetamol or antihistamines because, in basic first aid situations, what you ingest is your choice.

If you would like to learn more about the treatment of insect bites & stings here's a bit more info:

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/allergies-to-bites-and-stings>

- Cold Packs are a great go-to treatment for sprains and for insect bites. Consider having some on standby and, if you have the means to carry it, an instant ice-pack with you out on the trails.

## **CLOTHING**

You will need to bring enough clothes (running and otherwise) to get you through the weekend without the need to access a laundry.

We will have an area set up for hanging clothes, so if you want to give things a wash in the shower and hope they dry in time, you will have this option.

Be sure to bring your most favourite comfy clothes and ugg-boots for wearing between your turns out on the trails.

## **ELECTRONICS**

Don't forget to bring all the leads required to keep your headlamps/torches and devices charged.

Also consider bringing a fully charged power bank(s) just in case the power goes out. We will have options available, but it doesn't hurt to BYO.

## **ACCOMMODATION**

First a reminder about arrival & departure times:

Check-In: After 12.00 pm Friday 06/05/22

Check-Out: Before 9:00 am Monday 09/05/22

### **Bunkrooms:**

You will need to bring your own bedding:

Sleeping Bag

Sheet & Doona

Pillow(s)

### **Camping:**

There are no 15amp power points on site so if you want power you will need to bring an extension lead and a 15amp to 10 amp adapter.

### **Finally, a couple of nice-to-haves:**

A comfortable camp chair for lounging around Base Camp. The only chairs available on-site are like the plastic ones you had at school.

A yoga mat (or similar) for stretching. Kangarooie has hardwood floors. That being said, there will be a 'soft floor' area set up so, it's up to you if you want to bring your own layer to put between you and the floor.

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Be sure to contact us if you feel that we have missed any information, or you would like to know more.