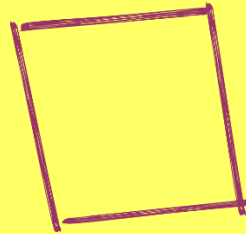




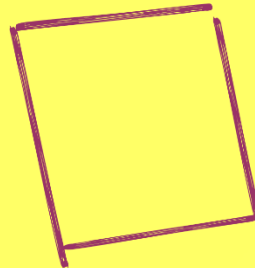
KBCUR

Stuff I Need....

On the
Trail



At Base
Camp



MUST HAVE ITEMS – ON TRAIL

The items listed in this section are mandatory 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 to each team upon entry. On loan for duration of event.

This is the “baton” in the relay.

The race briefing will include a detailed explanation of how to use this. 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 and can be passed like a baton between runners. 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

- **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** be able to 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.

- Mobile phone.
- Whistle.
- 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.
- Any waste you create on 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 is recommended that the headlamp/torch has a strobe function that can be activated when assistance is required. This visual SOS will ensure others are attending the correct location if medical assistance is required.

You also need to carry a secondary light as a backup in case of a malfunction flat battery. The back-up can be in the form of a small torch, spare headlamp or spare batteries. It is not recommended to consider the torch function on your phone as a secondary light source. Your phone is a mandatory item for its communication function. As such, battery life should be conserved for that purpose.

- **Rear Facing Red Blinky Light**

This is very much a one-per-team item and can be passed in transition.

The main purpose of this item is for visibility in the unlikely event of a loss of consciousness medical emergency.

The secondary purpose is as an aid to those who may have “running through the bush in the dark” anxiety. There is something very reassuring about seeing other lights blinking across the terrain during the night.

MUST HAVE ITEMS – AT BASE CAMP

Our venue, our ‘Base Camp’ is [Kangaroobie](#)

Kangaroobie is a school camp, group accommodation farm stay located at 1080 Old Ocean Road, Princetown.

The driveway is approx. 2.3 km from the Great Ocean Road intersection.

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

The closest supermarket to the venue is in Port Campbell, a 21km drive from Kangaroobie. Open 8 am to 8 pm, 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 9am to 5:30pm weekdays, 10am to 2pm Saturday, closed Sunday.

The next closest pharmacies are in the major regional towns of Warrnambool or Colac, both approximately 80 km, a one hour drive, from Kangaroobie.

FOOD

To avoid the inconvenience of leaving the venue to go shopping, you will need to bring enough food to get you through your stay.

Whether you bring the ingredients to cook up a storm or pack precooked meals to reheat is up to you.

The option of being able to cook on site can certainly help take away some of the stress of pre-event preparation. It can also give you something to do in your downtime over the 33+ hours.

Kangaroobie 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" Kangaroobie food.)

Your team will be allocated a table in the dining hall that will be for your exclusive use and storage of snacks, bags etc.

MEDICAL STUFF

The number one thing you need is **Ambulance Cover**. Our insurance covers most things, but not the cost of a ride in an Ambulance. Given the location, some injuries may result in a helicopter ride. This can result in a sizable bill from Ambulance Victoria. If you are a member, it costs nothing.

Because of location you will need to 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 when packing medical and first aid items:

- There is quite a bit of uneven terrain, so at some stage your ankles might be asking for a bit of assistance.
- You are going to be asking a lot of your muscles and their recovery system. Think about what lotions, creams and self massage aids you might need.
- 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 wound covering to help stem the bleeding.
- Snakes. Unlikely at this time of year, but can't be ruled out. That is why a snake-bite bandage and an emergency beacon are supplied as part of your mandatory kit. Despite urban myths, snakes do not hibernate. If it is sunny you may see one basking in the sun. Another thing that snakes don't do is eat humans, so they have no interest in wasting their venom on us unless they feel threatened. Give them space if sighted.

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](#)

- Jack Jumper Ants. These are angry little insects with a bite that is far from pleasant. They shouldn't be a problem, but if someone inadvertently stomps on one of their nests they will come out for a look-see and may take it out on the next person through. 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 Kangarooie. 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 directly supply or advise you to take medication like paracetamol or antihistamines because, in basic first aid situations, what you ingest is your choice. If you think these types of over-the-counter medications might be useful, pack them.

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 full laundry.

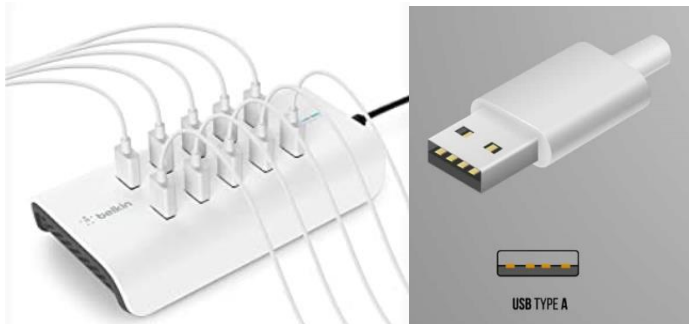
We will have an area set up for hanging damp clothes near the open fireplace. You will also have access to a washing machine to give things a bit of a spin dry if they get soaked.

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.

There are a limited number of power points in the main hall so we will provide USB charging stations for this purpose. These charging stations are for the USB Type A cables, so prioritise looking for these types of cables when packing, or bring along an adaptor. (Be sure to use a bit of masking tape (or similar) to label your cables.)



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:

Pillow(s)

Sleeping Bag

or,

for a bit more luxury and cosiness, a sheet & doona.

If you want power in your bunk-room, you will need to bring an extension lead and power board. Because the venue is a school camp that discourages electronic devices in the bedrooms, there are no power points in the rooms. There are power points in the hallway that you can hook into.

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. Kangarooobie has hardwood floors. That being said, there will be a soft floor area set up in what we call the "Wellness Centre". It's up to you if you want to bring your own layer to put between you and the floor.

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