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MARATHON

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MANDATORY TREKKING GEAR LIST

Use this document as a guide for everything we suggest you bring on your adventure with you. We can supply your trekking, camping and hydration needs.

Please contact us on 1800 238 368 for more info about the trek gear we can provide

MANDATORY MEDICAL ITEMS (must be carried everyday)

MEDICAL ITEM	MORE INFO
Paracetamol	
Imodium or Prescribed Gastro Medication	4-6 x tablets
Malaria Tablets	Prescribed by your GP and usually taken before departure to PNG
Chorpheniramine	Antihistamine tablets 6-10 tablets
Rehydration/ Electrolyte	4+ sachets
Antiseptic Cream	1x small tube
Antiseptic Wipes	10+ wipes
Sting/ Bite Relief Cream	1 x small tube
Water Purification	1 x box tablets or device
Band Aids	5+ mix sizes
Bandage	1 x crepe bandage (Compression Bandage minimum dimensions 7.5cm wide x 2.3m long unstretched)
Strapping Tape	1 roll
Latex Gloves	2 x pairs
Blister Care	4-6 x Compeed pads
Micro Pore Tape	1 roll
Tweezers	1 pair
Needles	4 x 21g needles
Medical Scissors	1 small pair

MANDATORY GEAR (must be carried everyday)

GEAR ITEM	MORE INFO
Appropriate race attire and footwear	Clothing and trail/trekking shoes to suit jungle conditions
Insect repellent or Cream	Minimum 50% Deet content
Sunscreen	Minimum 30+ protection
Capacity to carry 3L	Bottles or bladder

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MANDATORY GEAR (must be carried everyday)

Food portions, snacks, Energy bars	Minimum 1500 calories per day	
Light weight sleeping bag	Minimum temperature suited to 5 degrees Celsius	
2 x Head lamp and spare batteries	The second headlamp can be a smaller back up	
Compass	The magnetic needle must settle quickly and point to magnetic North.	
Survival whistle		
Glow sticks	2 x glow sticks with plus 8 hour life	
Back pack with the capacity to hold the mandatory gear		
Light weight dry sack		
1 x long light weight sleeve thermal top (polypropylene, wool).	Cotton, Coolmax and lycra garments are NOT suitable. Compression garments and thermal compression garments are NOT suitable. Compression garments may still be used in the race but they are in addition to your mandatory thermal top and do not replace it.	
1 x light weight waterproof and breathable jacket with fully taped (not critically taped) waterproof seams and hood	A recommendation only for a good jacket is one that has a waterproof rating of over 20,000mm hydrostatic head and a breathability MVTR rating of 25,000g/m ² /25hrs. Any non-membrane jacket must still be in very good condition with waterproof coating intact. The jacket must fit you. Plastic rain ponchos, wind jackets, water resistant jackets are NOT suitable.	
Emergency Instruction card	Provided by organisers	
Course map and set of course descriptions	Provided by organisers	
Water proof map case		
Race bib number or vest	TBC by organisers	
Toilet paper/wipes	1 roll	
Ziplock bag	1 x for your personal rubbish	
Hand Sanitizer	1-2 small bottles	

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SUGGESTED GEAR (not mandatory but highly recommended)

GEAR ITEM	MORE INFO	
Camp / night attire	Its recommended that these be light weight long arm and long leg wear	
Poncho		
Camp footwear	Dry pair for camp	
Spare socks		
Compression tights/ socks	For recovery at night - We recommend CEP Sports Compression	
Sport Sunglasses		
Recovery food /snacks	Protein / energy bars	
Comfort food/ snacks	Sweets /confectionary/ chips /beef jerky	
Personal Hygiene Kits	Toothbrush, bio-degradable soap etc	
Buff or headwear	Great for cooling with water and for warmth	
Gloves	For handling branches and vegetation while on course	
Trekking poles	We recommend poles from Helinox Australia	
Eating Utensils	Bowl / fork/spoon/knife	
Light weight sleeping mat		
Gaiters		
Sodium tablets	1-2 boxes	