



RUNNING GEAR X 2

- Trail shoes
- Shirts
- Shorts
- Socks
- Windbreaker
- Buff (compulsory)** – required to wear one start shoot

ADDITIONAL

- Hydration pack (advisable)
- Mask (compulsory)**
- Running watch, heart rate strap + charger
- Favourite energy bars, gels, race drink and snacks (**no littering!**)
- Beanie, scarf and gloves for evenings
- Casual clothes for after shower (including rain jacket)
- Warm long pants
- Underwear
- Slops
- Closed shoes
- Sleeping bag (temperatures of below freezing can be experienced)
- Pillow
- Blanket, sheet
- Towel**
- Torch/headlight**
- Personal toiletries
- Chafing cream
- Earplugs
- Sunscreen
- Chargers (please label)
- Yoga Mat
- Picnic blanket (for afternoon music on the lawn)
- Cash (bar & event shop) nearest ATM is 5.2kms away
- Credit card (medical emergencies)

IMPORTANT!

Do not bring valuables to the race. We cannot take responsibility for valuables lost during the course of the event.

CELLPHONES

Please I.C.E (In Case of Emergency) your phone.

HEADLAMPS

Please bring your own as there is minimal lighting in the camp area and it is not fun tripping over your mate's guy-rope trying to find your way to have a wee in the freezing Drakensberg night air.

COVID

You will be required to start with a buff/mask and wear it around the village.