



RUNNING GEAR X 2

- Trail shoes
- Shirts
- Shorts
- Socks
- Windbreaker
- Dress up items (theme for 2023 is Rugby World Cup)

ADDITIONAL

- Hydration pack (advisable)
- 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
- 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.



THE BELOW LIST IS FOR MOUNTAIN MARATHON RUNNERS ONLY

COMPULSORY KIT

- GPS unit
- Whistle
- Space Blanket
- Hydration Pack
- Waterproof jacket (Not a windbreaker)
- Minimum capacity of 1.5 litres of water
- Thermal Top
- Buff/Beanie
- Fully charged cell phone

Other recommended kit

- Waterproof longs
- Chaffe cream
- Waterproof phone pouch
- Drybag to keep kit in