

# Run Larapinta Stage Race - MANDATORY GEAR EXPLANATION

Listed below is the mandatory gear to be carried by all runners in all stages of the Run Larapinta Stage Race (unless otherwise stated). All the listed items must be brought to race registration for witnessing prior to starting. Runners will not be able to start if any item is not deemed appropriate or is not presented. Spot checks will be completed throughout the event to ensure these items are carried whilst racing. (These items are for your own safety so please don't leave them out or cut any corners. Thanks).

Item	Description	Available at registration ?
<b>Race Number Plate x 2.</b>	We give you: 1) an A5 sized number plate - that is to be worn on your front at all times. We suggest attaching it to a <i>thin, elastic piece of cord or a 'triathlon race belt'</i> so it is not physically attached to your clothing and can more easily be worn on the outside when you take layers off. 2) a small number plate to be pinned to your backpack (so people can see your name / number from behind)	Yes - we provide number plates and safety pins
<b>First Aid Kit</b>	Minimum contents: 2 x crepe bandages, 6 x wound closure strips, 1 x triangular bandage, 2 x non-stick wound dressing pads and a pair of surgical gloves. Add in your own medications.	Yes \$15 - pre-order online or buy at registration
<b>Space blanket</b>	Must be full size and not trimmed or altered.	Yes \$7 - pre-order online or buy at registration
<b>A whistle</b>	Mouth whistle, must be easily accessible whilst running	Yes \$7 - pre-order online or buy at registration
<b>Mobile phone</b>	Telstra recommended best coverage on hill tops. Consider carrying a secondary power source if you use the GPS maps a lot and/or take a lot of photos. (If race mornings are cold we recommend keeping phone switched off (powered down) until temp increases. Cold environments can dramatically reduce phone battery life.)	no
<b>Long sleeve thermal top</b>	Cotton, compression, 'thermal compression' and lycra garments are not suitable and do not qualify. Garment must be polypropylene, polyester, chlorofibre (PVC), wool or another high performance synthetic fabric that is designed to keep you warm. The garment must be of a size and style to fit the runner.	no
<b>Windproof jacket.</b>	Jacket must be made of a durable, windproof fabric with long sleeves and zippered front. It must be of a size and style to fit the wearer. This jacket does not have to be waterproof (although it is our recommendation that it is).	no
<b>Water container</b>	<b>Malbunka:</b> All runners must present water vessels with a total combined capacity of 3lt (or more) capacity at registration. Note the following specific water requirements: Stage 1: all runners must start with a minimum of 750ml water / hydration. Stage 2: all runners must start with a minimum of 2lt of water / hydration. Then all runners must depart the Fish Hole water point (28km pt) a minimum of 3lt of water / hydration. Stage 3: all runners must start with a minimum of 3lt water / hydration. Stage 4: all runners must start with a minimum of 1lt of water / hydration. Then all runners must depart the Rocky Bar Gap water pt (27km pt) with a minimum of 3lt of water / hydration.	no
	<b>Namatjira:</b> All runners must present water vessels with a total combined capacity of 3lt (or more) capacity at registration. Note the following specific water requirements: Stage 1: all runners must start with a minimum of 750ml water / hydration. Stage 2: all runners must start with a minimum of 750ml water / hydration. Then all runners must depart the Fish Hole water point (28km pt) a minimum of 3lt of water / hydration. Stage 3: all runners must start with a minimum of 750ml water / hydration. Stage 4: all runners must start with a minimum of 750ml of water / hydration. Then all runners must depart the Rocky Bar Gap water pt (27km pt) with a minimum of 3lt of water / hydration.	no
<b>Course map</b>	All competitors must carry either: the printed map from the event program OR load the GPS course files into a mapping app on your phone - suggested Maps.ME. (We HIGHLY RECOMMEND having the maps on your phone). Waterproof bag (such as a plastic zip-lock) recommended to put the map and or phone in.	Yes - Printed program with maps provided at registration. GPS map files available online here: <a href="https://tinyurl.com/y3eec9v6">https://tinyurl.com/y3eec9v6</a>
<b>Headsock or beanie</b>	A Buff / headsock or more substantial beanie	Yes \$15 - pre-order online or buy at registration
<b>Matches / cigarette lighter</b>	Compulsory for all stages	no
<b>Torch or headlamp</b>	Light must be of sufficient brightness to illuminate the track at least 50m ahead of you (we suggest a minimum of 150 lumens although the brighter the better). Batteries must be fully charged with sufficient power to get you to the finish line. Mandatory for all runners in stage 1. Mandatory for all Malbunka runners on stage 4. We HIGHLY RECOMMEND this is carried by all runners for all stages.	Yes \$29 - rechargeable Rapid Ascent headtorch, 150 lumens - pre-order online or buy at registration

## RUN LARAPINTA STAGE RACE MANDATORY GEAR CHECKLIST

Based on the official checklist on the *Rapid Ascent* website [Here](#).

CLOTHING	MEN'S	WOMEN'S
<b>Long Sleeve Thermal Top</b>	<a href="#">Icebreaker Oasis Long Sleeve</a>	<a href="#">Icebreaker Oasis Long Sleeve</a>
	<a href="#">The North Face Light Crew Thermal</a>	<a href="#">The North Face Light Crew Thermal</a>
	<a href="#">Patagonia Capilene Lightweight Crew</a>	<a href="#">Patagonia Capilene Lightweight Crew</a>
<b>Waterproof Breathable Jacket with Fully Taped</b>	<a href="#">Salomon Bonatti Jacket</a>	<a href="#">Salomon Lightning Jacket</a>
	<a href="#">The North Face Hyper Air GTX</a>	<a href="#">The North Face Hyper Air GTX</a>
	<a href="#">Patagonia Storm Racer Jacket</a>	<a href="#">Patagonia Storm Racer Jacket</a>
	<a href="#">Ultimate Direction Ultra Jacket V2</a>	<a href="#">Ultimate Direction Ultra Jacket V2</a>
<b>Long Leg Thermal Pants</b>	<a href="#">The North Face Light Tight Thermal</a>	<a href="#">The North Face Light Tight Thermal</a>
	<a href="#">Icebreaker Oasis Leggings</a>	<a href="#">Icebreaker Oasis Leggings</a>
<b>Long Leg Waterproof Pants</b>	<a href="#">Salomon Bonatti Pants Unisex</a>	

not mandatory

not mandatory



EQUIPMENT		
Vest Pack	<a href="#">Salomon S/LAB Sense Ultra 8 Set</a>	
	<a href="#">Salomon S/LAB Advanced Skin 12 Set</a>	
	<a href="#">Arc'teryx Norvan 14 Trail Running Vest</a>	
	<a href="#">Ultimate Direction Adventure Vest 4.0 Pack</a>	<a href="#">Ultimate Direction Adventure Vesta 4.0 Pack</a>
	<a href="#">Camelbak Ultra 10 Trail Running Vest Pack</a>	
Full-Fingered Lightweight Thermal Gloves	<a href="#">Icebreaker Lightweight Oasis Glove Liner</a>	
	<a href="#">The North Face Runners 2 ETIP Glove</a>	
Buff	<a href="#">Buff Merino Wool</a>	
	<a href="#">Buff Original</a>	
	<a href="#">Find Your Feet Necktube</a>	
Headlamp	<a href="#">Petzl Actik Core</a>	
	<a href="#">Petzl Reactik+ Reactive</a>	
	<a href="#">Petzl Nao+ Reactive</a>	
Small Backup torch	<a href="#">Petzl E-lite</a>	
Whistle	<a href="#">Fox whistle</a>	
Emergency Space Blanket	<a href="#">Sea to Summit Emergency Space Blanket</a>	
Lightweight Dry Sack	<a href="#">Sea to Summit Ultra Sil 2L</a>	
	<a href="#">Sea to Summit Ultra Sil 4L</a>	
Waterproof Map Case	<a href="#">Lifeventure DriStore LocTop 3pk (For Maps)</a>	

<b>Water Bottles or Bladder (2L capacity)</b>	<a href="#">Salomon 500mL Speed Soft Flask</a>	
	<a href="#">Salomon 2L Reservoir</a>	
<b>Food Bars/ Portions</b>	Shotz Energy Gels - <a href="#">Individual</a> - <a href="#">Box</a>	
	Shotz Energy Bars - <a href="#">Individual</a> - <a href="#">Box</a>	
<b>RECOMMENDED</b>	<b>MEN'S</b>	<b>WOMEN'S</b>
<b>Training + Race Shoes</b>	<a href="#">Our Collection</a>	<a href="#">Our Collection</a>
	<i>Depends on the individual however something light - weight, with well-spaced lugs such as the Salomon S/LAB, Arc'teryx and La Sportiva ranges. Call or email us if you have any questions.</i>	
<b>Socks</b>	<a href="#">Find Your Feet Coolmax Socks (Long)</a>	<a href="#">Find Your Feet Coolmax Socks (Long)</a>
	<a href="#">Find Your Feet Coolmax Socks (Short)</a>	<a href="#">Find Your Feet Coolmax Socks (Short)</a>
<b>Hydration</b>	Shotz Electrolyte Tablets - <a href="#">Individual</a> - <a href="#">Box</a>	
<b>Headband</b>	<a href="#">Find Your Feet Headbands</a> (Great for comfort under headtorches, as a sweat band, warmth in the cold weather... everything!)	

These are our recommendations and favourites but our full range is available at [www.findyourfeet.com.au](http://www.findyourfeet.com.au)

