

## WTF 10.5 - Gear List

### MANDATORY GEAR

- Race Number

### Recommended Gear

- Water bottles/bladder – 1 litre capacity
- Fuel/nutrition
- Compression Bandage – 7.5cm x 2.3m minimum
- Ziplock bag – for any and all rubbish
- Mobile Phone – fully charged
- Whistle
- Sunscreen
- Hat
- Sunglasses