

WTF 28 - Gear List

MANDATORY GEAR

- Water bottles/bladder – 1.5 litre capacity
- Fuel/nutrition – 2 portions to be carried from the start
- Ziplock bag – for any and all rubbish
- Compression Bandage – 7.5cm x 2.3m minimum
- Race Number

Recommended Gear

- Mobile Phone – fully charged
- Whistle
- Space Blanket
- Sunscreen
- Hat
- Sunglasses