

WTF Honeyeater Challenge - Gear List

MANDATORY GEAR

- Race Number
- BYO soft cup/flask
- Compression bandage – 7.5cm x 2.3m minimum

Recommended Gear

- 500ml to 1 litre Flask/hydration
- 1x Fuel/nutrition
- Ziplock bag – for any and all rubbish
- Mobile phone – fully charged
 - Whistle
 - Sunscreen
 - Hat
 - Sunglasses
- Download the free Emergency + app
- Save the Race Directors contact number in your phone
(0407 798 876)