



Mandatory Gear List

The following is the Mandatory Gear List for the Gloucester Mountain Man Tri Challenge. It isn't a long list but the items are there for your safety. Remember you will be racing in a dynamic environment.

To be carried at all times during the race

- Race number (provided) - This must be worn as the outer most layer and visible at all times. A race number belt is recommended
- Emergency Space Blanket
- Minimum 500ml of water capacity. Remember this is a cupless event – you need to bring your own foldable cup, drink bottle or balder pack.

Mountain Bike Leg (to be carried at all times)

- Mountain or gravel bike with relatively new brake pads, serviced and in good repair
- Rear mounted flashing red light
- Australian safety standards Approved helmet

Paddle Leg (to be carried/worn at all times)

- Your own craft – sit in or sit on top
- Helmet – bike helmet will suffice
- Throw Bag - Rescue device with length of rope stuffed loosely into a bag so it can pay out through the top when thrown to a person
- Personal Flotation Device (PFD) - Right size & meet Aus safety standards. (Inflatable vests not acceptable)
- Whistle. Must be attached to the PFD/ Lifejacket
- Paddle
- Closed in Footwear – must be worn at all times

Plus we recommend

- Hat
- Sunglasses
- Lube – trust us – this stuff could make the difference in your race
- Sunscreen
- Nutrition that is right for you
- Sense of adventure

