

THE GREAT NORTH WALK 100s MANDATORY EQUIPMENT LIST

There exists a very real possibility of a Runner or Pacer in the GNW100s becoming badly lost and/or injured during daylight somewhere out of mobile phone range and still being at risk after night falls. This could happen on either the first or second days of the event, and it could happen to anybody, even the most experienced trail ultra-runner. In such a situation, it is critically important to have all of the Mandatory Equipment for obvious reasons. You must take this requirement seriously. Temperatures as low as 0°C have been recorded during September in the race area, and this could be accompanied by rain and winds.

The Mandatory Equipment must be carried by all Runners and all Pacers at all times on the GNW100s course. If a Runner is found not to have all of the Mandatory Gear, they will not be allowed to proceed (this includes at the Start) until they have obtained the missing Gear. There will be a ONE HOUR PENALTY added to the finish time for any Runner (and their Pacer) who fails a Mandatory Gear check. There are no stores near the course of the GNW100s likely to stock items on the Mandatory Gear list, so it is in the Runner's (and their Pacer's) interest to make sure they have the gear as specified. If in doubt, contact Dave Byrnes on 0428 880784 or at GNW100s@terrigaltrotters.com.au to verify that your gear will be acceptable. It is wise to carry your Mandatory Equipment in a way that allows it to be easily checked by Race Officials to save time at any inspections. Avoid the temptation not to carry items of the Mandatory Equipment, or carry items that do not meet the specified requirements.

Apart from risking your own safety, and possibly the safety of those sent to find you, it is unfair to your fellow competitors to cheat on the Mandatory Equipment and you cannot claim to have completed the GNW100s in conformity with the race rules. You will be cheating yourself.

- [DETAILED MAPS](#) AND [DETAILED DIRECTIONS](#) AS PUBLISHED ON THE RACE WEBSITE. Must be downloaded by Runners and Pacers beforehand (not available at Check-In). It is permissible to carry only the relevant Directions and Maps for each Section.
- WATERPROOF MAP CASE. Can be a zip lock plastic bag. The Waterproof Map Case is not required if the Detailed Maps and Detailed Directions are laminated.
- MOBILE PHONE. Must be in working order with a fully charged battery. Telstra is strongly recommended and coverage is generally limited to higher elevations.
- COMPASS. Must be analog and not battery-dependent. Find out how to use one [here](#). It's not that hard!
- WHISTLE.
- THERMAL TOP. Long sleeve thermal top (polypropylene, wool or similar). Cotton, coolmax, lycra and any compression garment will not be acceptable even if the compression garment is called a "thermal compression garment".
- THERMAL PANTS. Long leg thermal pants (polypropylene, wool or similar). Cotton, coolmax, lycra and any compression garment will not be acceptable even if the compression garment is called a "thermal compression garment".
- RAIN JACKET. Waterproof jacket with hood (plastic rain poncho, wind jacket, water resistant jacket etc. not acceptable).
- BEANIE, BALACLAVA OR BUFF.
- BROAD COMPRESSIVE BANDAGE. Minimum dimensions 7.5cm wide x 2.3m long unstretched. The wrapping should list 'heavy weight cotton crepe bandage' or 'heavy cotton elastic bandage' (for first aid treatment of snake/spider bite or other injury).
- WATERPROOF BAG to keep your compulsory clothing dry (plastic bags, zip lock bags or dry sacks are fine).
- WATER CONTAINER (2 litres minimum capacity, more recommended).
- EMERGENCY SPACE BLANKET, LIGHT BIVVY SACK or equivalent.
- TORCH/HEADLAMP which must be used at all times between 5:30pm and 6:00am.
- BACKUP TORCH/HEADLAMP (INCLUDING SPARE BATTERIES).
- HIGH VISIBILITY SAFETY VEST which must be worn at all times between 5:30pm and 6:00am. The vest must comply with Australian Standard AS/NZS 4602:1999 –D/N Class for day and night time wear and be labelled as meeting the standard. It is a workwear vest, not a running vest, and can be purchased at hardware stores or workwear stores. The vest must be clearly visible from both the front and the back, so needs to be a size large enough to cover your torso and your backpack. Click [here](#) for an example of the vest.