

## Ring of Fire 73km and 50km Compulsory Gear List

ITEM	MINIMUM REQUIREMENT	NOT ACCEPTABLE
<b>Shoes</b>	Clean running or walking shoes (specific trail shoes are highly recommended) You will need maximum traction!	Jandals Sandals, Bare Feet
<b>Weather Barrier Jacket</b>	Jacket that is waterproof, windproof, breathable, seam sealed with a hood that will keep you warm and dry for prolonged periods in an alpine environment. (Recommendation is that the jacket is rated to at least 5,000mm)	Shower Proof Jackets, Garbage Bags, Light Weight Jackets, Windbreaker Jackets, PVC
<b>Thermal BASE Layer Long Sleeve Top x 2</b>	<b>Two</b> Thermal base layer long sleeve top these can be polypropylene (polypro), merino or a combination of these.	Tee Shirt, Singlet, Non Thermal Skins / Compression
<b>Thermal BASE Layer Long Leg Bottom</b>	Thermal base layer long legs bottom, these can be polypropylene (polypro), merino or a combination of these.	Lycra Shorts, Non Thermal Skins/Compression
<b>Thermal Beanie</b>	Thermal beanie – fleece, polypropylene or wool	Running Cap, Sweat Band, Straw Hat, Buff
<b>Thermal Gloves</b>	Thermal gloves – fleece, polypropylene or wool	Finger less gloves, cycling gloves
<b>Survival /Emergency Bag</b>	A Survival / Emergency bag – NOT a survival blanket. The requirements of the bag are that you can fit inside it, it is waterproof and windproof. These should be a high quality bag.	Survival Blanket, Tarp
<b>First Aid Kit</b>	Kit to include 1-2 metres of bandage, strapping tape and plasters.	
<b>Mobile Phone</b>	Charged and in a waterproof bag or vessel e.g. dry bag or plastic zip lock bag. Note that Waterproof phones do not need to be in a dry bag.	Not charged, no water protection
<b>Head Lamp x2 (primary plus back up source)</b>	Primary Headlamp – fully charged with spare battery or power source for rechargeable lamps. Plus a second back headlamp (which can be a handheld torch) that is not your mobile phone. While not required, it is recommended that the back up source also has a spare battery. Both primary and back up sources are required to be minimum 300 lumens. (they need to be bright enough so you can navigate in fog and rain at night)	Low Battery, No Spare Battery, Under 300 Lumens
<b>Whistle</b>	Working	Not working / no whistle
<b>Drink Carrying Device</b>	Suitable drink carrying device/s with 3L capacity. (we recommend carrying a minimum of 3L on each leg and topping up to 3L again at the two aid stations)	Under 3L capacity