

SATURDAY 21 MARCH 2020

COMPULSORY EQUIPMENT FOR ALL PARTICIPANTS

– CHECKLIST FOR BIVOUAC STORE APPROVED STAFF

<u>Item</u>	<u>Requirement</u>	<u>What Is not acceptable</u>	<u>Tick if compliant</u>
Shoes	Running or walking shoes – specific trail shoes are essential and highly recommended. You will need maximum traction!	Jandals Sandals Bare Feet	
Jacket	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 Light Weight Wind Breaker PVC	
Thermal BASE Layer Long Sleeve Top x 2	Two Thermal base layer long sleeve tops. These can be polypropylene (polypro), merino or a combination of these.	Tee Shirt Singlet Skinns/Compression	
Thermal BASE Layer Long Leg Bottom	Thermal base layer long legs bottom, these can be polypropylene (polypro), merino or a combination of these.	Lycra Shorts Non Thermal Skinns/Compression	
Thermal Beanie	Thermal beanie – fleece, polypropylene or wool	Running Cap Sweat Band Buff	
Thermal Gloves	Thermal gloves.	Fingerless Gloves Cycling Gloves	
Survival Bag	Survival <u>bag</u> – 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 that will retail for about \$25-\$40	Survival Blanket Tarpaulin	
First Aid Kit	First Aid including: 2 metres of elasticated bandage (minimum of 35mm wide), 2 metres of strapping tape, 10 x plasters and any other items you consider valuable (e.g. medication, sterile wipes)		

Mobile Phone	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	
Head Lamp	Headlamp or Chest lamp – fully charged. Should be bright enough so you can navigate in fog and rain at night. Plus a second back up torch (can be headlamp, chest lamp or handheld torch). For your primary torch, you must have a spare Battery or power source for rechargeable lamps. You do not need a spare battery for your secondary light.	Low Battery No Spare Battery Normal handheld torch Your phone's torch	
Whistle		No whistle	

Notes:

It may be sensible to carry more layers of clothing than the compulsory list, so a backpack capable of carrying all of your equipment will be essential. We also highly recommend using drybags or sealed zip-lock bags to ensure your equipment stays dry inside your pack including carrying your biodegradable toileting bags provided at registration. We also recommend considering using trekking poles especially in the longer distance events. Black Diamond make some excellent light weight and strong poles that can assist in climbing and descending on rough terrain.

We understand that many seam sealed jackets do not state their waterproofing mm rating, therefore we will not be checking for this. However we will check that the jacket is seam sealed and has a hood.

The reason the compulsory gear is required is because the event takes place in an alpine environment which can pose extremely harsh and changeable environmental conditions (wind, rain or temperature.) There is also very limited access to the course i.e. access is only by foot or helicopter. If you get injured (and are unable to move) it may take event staff two or more hours to reach you. If we cannot use a rescue helicopter to evacuate you (i.e. through poor visibility, night-time) then you may be on the mountain for a long time, either being carried out on a stretcher, in one of the huts, or a tent with a medic.

Sign off that all compulsory gear has been viewed and is compliant. (Bivouac staff to fill out)

Date	
Name of Entrant	
Bivouac Store name	
Name of approved Gear Checker	
Signature of Bivouac Gear Checker	

Ring of Fire Entrant to keep this form and present at the Ring of Fire Event Registration. There will be a gear check Express lane for competitors who have had their gear pre checked. **Event Officials will still check 1-2 items per person at registration** and remember that competitor's compulsory gear may be checked at any time prior to or during the race with penalties imposed for noncompliance.

ENDS