


Ring of Fire 2026 Compulsory Gear Requirements

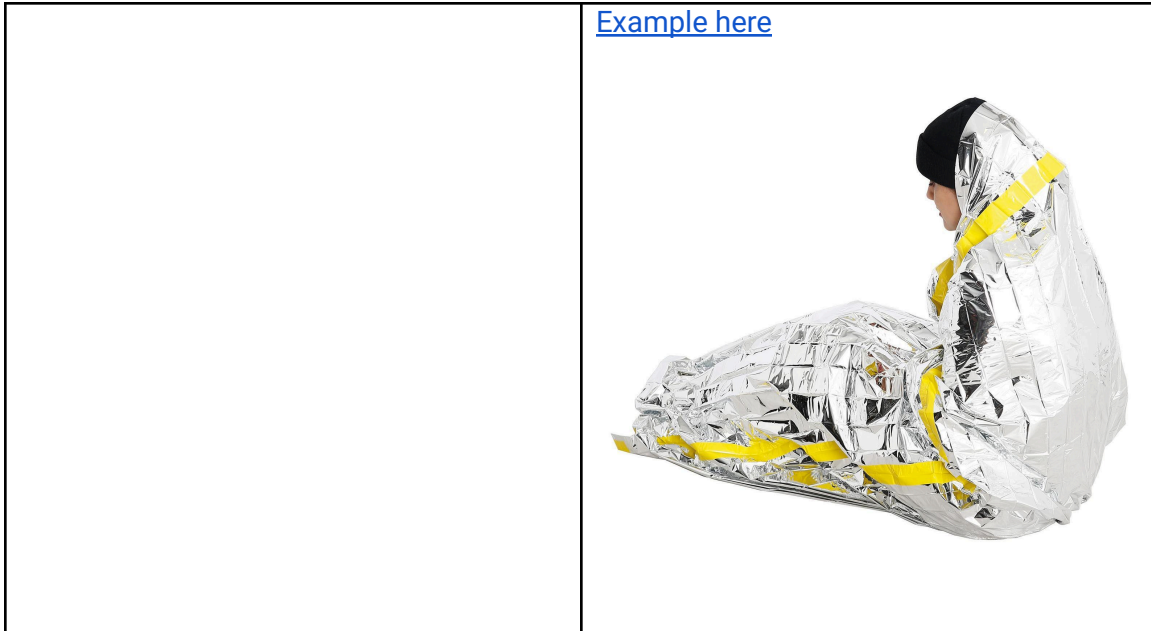
Ring of Fire courses traverse remote alpine terrain, cross riverbeds, and include sections with limited rescue access and potential rapid weather changes. To ensure participant safety all runners must carry the following items at all times. There will be compulsory gear checks and shoe cleaning during registration and may be random gear checks on course.

Compulsory Gear Checklist

All participants across all distances must carry these items:

Item	Details / Specifications
Long sleeve thermal top	Synthetic (polypropylene / polyester) or lightweight wool; must insulate when damp
Waterproof & breathable jacket	Fully taped seams, hood, minimal weight, durable. Read more about what makes a good jacket here (www.rof.co.nz/jacket-info)
Thermal Beanie	For warmth and wind protection
Long leg thermal pants	Matching the same fabric class as your top
Full-fingered thermal gloves	Lightweight but insulating
Headlamp	Must be carried—essential due to racing before sunrise / after sunset
Spare light source	Either fresh spare batteries, a second headlamp, or USB charger
Mobile phone	Fully charged, with NZ SIM / capable of calling emergency contacts
Hydration system / drinking device	Suitable drink carrying device/s with 3L capacity. We recommend carrying a minimum of 3L on each leg and topping back up to 3L again at each aid station. Note that there are no cups provided at aid stations.

<p>High visibility safety vest</p>	<p>Mandatory on road sections (wearable when required).</p> <ul style="list-style-type: none">• Fluorescent colour: Yellow, orange, or lime• Reflective strips: Minimum of two reflective bands visible from both the front and back• 360-degree visibility: Reflective material must be visible from all directions when worn• Worn over outer clothing: Must fit over jackets or packs so that reflective strips remain visible• Condition: Clean and in good condition with reflective strips clearly visible. Example here. 
<p>Emergency survival bag</p>	<p>Must be a bag (not just blanket); large enough to enclose body narrowly.</p>



Cup-less Hydration Policy

ROF is a cup-less event. To reduce environmental waste, aid stations will not provide disposable cups. Participants must carry their own drinking vessel (collapsible cup, bottle, or hydration pack).

Hi-Vis & Road Sections

The Hi-Visibility safety vest is compulsory on all designated road/track segments of the course.

Marshals and officials will enforce compliance (especially on parts where participant runners mix with vehicle traffic or road crossings).

Gear Checks & Compliance

Pre-race check: Gear will be checked at registration before number / packet collection.

Random on-course checks: Selected aid stations may perform inspections.

Consequences for non-compliance:

- Missing or non-compliant gear → no start

If you fail registration check, you have the opportunity to source acceptable gear and present back to have gear checked before end of compulsory briefing to be permitted to start.

- Found missing gear during race → time penalty or directed to drop out / DQ

Optional / Recommended Gear

- Additional layers (vest, wind shell)
- Extra nutrition or electrolyte mix
- Emergency beacon or personal locator device
- Lightweight first aid items (blister plasters, tape)
- Spare socks or gaiters