

AROC 24 Hour Adventure Race 2007

Competitor Equipment List

Event Mandatory Equipment must be carried at ALL TIMES during the event.

Discipline Mandatory Equipment must be carried during a specific discipline.

The mandatory equipment is only the minimum required. You should consider taking additional equipment so that you are more properly equipped for the climate, conditions and activities. We have listed some recommended equipment but this is not exhaustive.

Bear in mind that although it is mid summer the NSW South Coast can have extremes in weather – you might strike very hot conditions or it could be very cold and wet. Make sure you come prepared.

Random checks of mandatory equipment will occur during the race. There is a penalty of 15 minutes per each item that you do not have.

Most equipment may be spread out and carried amongst the team. These items are classified as 'on team' items. However there are some items that must be carried by each individual (NOT by other team members). These items are classified as 'on person' items.

Some abbreviations that are used include:

pp – per person. i.e. one of these items is required for each person in the team.

qty – quantity. Your team must decide the quantity that is required (minimum of one).

Voyager III – 3 person sit on top kayaks, paddles and PFDs (personal floatation devices) are provided by the organisers. Each team will be issued 1 kayak, 3 paddles and 3 PFDs. You must use the kayaks provided. You may however use your own paddles and PFDs.

Items NOT permitted include:

- Night vision devices;
- Pets;
- GPS devices capable of a location reading;
- Weapons; firearms etc
- Matches (no smoking)

Watches with altimeters are permitted.

If there are things you need to get you can purchase them all through the AROC Shop –

www.arocshop.com.au

EVENT MANDATORY EQUIPMENT

On Person		
Whistle	1	Pealess so still functional in wet conditions and easily reachable at all times.
Headlamp/ torch	1	Functional and water resistant, with sufficient qty of batteries. This item is classed as an On Team item during daylight hours. Make sure this is a good bright light that throws a good beam. A small LED light is not sufficient and you will not find checkpoints or navigate effectively and you will travel very slowly.
On Team		
All weather jacket	pp	All weather jacket - must be waterproof, windproof and breathable fabric. Permitted fabrics include Gore-Tex or equivalent. Jackets that meet this requirement include the Montane 180 and the Mountain Designs Flash . Fabrics that are water resistant DO NOT meet the minimum requirements and include fabrics such as Epic, Pertex, Activent and plastic rain coats.
Long sleeve top	pp	This first layer garment must be of a thermal material eg polypropylene or wool, not cotton. Only one long sleeve top is required, whether it is in your pack or you are wearing it.
Balaclava/ beanie	pp	See note above. A Buff is acceptable.
Survival or Space blanket	pp	Silver foil type.
First Aid Kit	1	min of 2x crepe bandage (min width 7.5cm, min length 1.6m unstretched), 1x triangular bandage, 2x sterile dressings (minimum 7.5cm x 7.5cm), qty x roll of strapping tape, qty x antiseptic (cream liquid or wipes).
Mobile Phone	1	Waterproofed and with fully charged batteries and turned off during the race. Recommend at least zip lock bag plus dry bag.
Compass	1	Must be a "proper" southern hemisphere navigational compass (zone 5) such as a Silva. Not integrated into a watch or key ring.
Sunscreen	qty	
Money	qty	There may be opportunities to buy food / drinks on the way.
Pencil	qty	Your pencil will need to be used during the race. Ensure you have a means to keep it sharp (or bring extras).
Permanent marker pen	qty	You may be required to write on your laminated control card or maps
Dry Bag	qty	Use this to keep your extra clothes, first aid kit, etc dry
Mosquito repellent	qty	You will definitely be using this in some of the rogaine sections, especially at night
Recommended		
GAITERS or long pants	qty	Some of the bush is very scratchy and your legs soon get very sore and cut.
Map case	1	You will need to be able to keep your maps dry when coastering, snorkeling, paddling and if it rains. We recommend the Sea to Summit mapcase (available at www.arocshop.com.au)
		Sun hat, appropriate clothing and footwear, extra clothing for transition area, extra jacket for transition area in case of bad weather, extra socks, backpack, food, water, appropriate glasses/eyewear, waterproof map case/map contact, extra dry bags, wristwatches, paracetamol, duct tape, extra money.

DISCIPLINE MANDATORY EQUIPMENT**Mountain Bike**

On Person		
Mountain Bike	1	Appropriate for rugged trails and long distances.
Helmet	1	Australian Standard (AS) approved.
White front light	1	Illuminated at all times at night. Your 'on person' headlamp may be used as the white front light for mountain biking. However a bright bike or helmet mounted light is recommended as well.
Red rear flashing light	1	Illuminated at all times at night.
On Team		
Repair kit	qty	Puncture repair kit, pump, qty spare tubes
Recommended		
	qty	Bike computer, puncture proofing goo, gloves, additional spare tubes, patches, chain breaker and spare link, map board, tyre levers, multi tool

Kayak

On Person		
PFD (Personal Flotation Device)	1	Can use your own or as provided by organizers. You will need to carry your PFD during the event so you may prefer your own.
On Team		
Glow stick & zip ties	5	Attached securely to each PFD and front and rear of kayak at night. 100mm glow stick 12hrs luminescence (any colour), attached in a highly visible position. Stick is to be broken and glowing when dark.
Paddle	1	Can use your own or as provided by organisers. Paddles provided are plastic flat bladed paddles.
Recommended		
		Warm clothes and towel at HQ / main transition in case of bad weather.

Snorkelling / coasteering

On Person		
PFD (Personal Flotation Device)	1	Can use your own or as provided by organizers
Swimming Goggles	1	Face mask & snorkel is also permitted but will be heavier to carry
Full figured gloves	1 pair	You can use bike gloves or abseiling gloves, gardening gloves etc. The rock is very sharp and this will make your progress much faster and safer.

Transition Area

On Team		
plastic box - no bigger than 65 litres	2 per team	Race management will transport these boxes to various transitions areas during the race
Recommended		
		Warm clothes, spare clothes, towel, food, sleeping bag (if you intend to sleep), tent (if you want to sleep at HQ), sleeping mat, spare batteries.