

2024 Compulsory Gear:

The organisers are really serious about runners having appropriate and sufficient gear. You will **not** be able to start the run if you do not carry gear that will allow you to survive injured or immobile in freezing snow, wet and windy conditions.

The 2023 CMR challenging conditions lead many runners to don all their thermals, beanie, gloves, and wet weather gear during the event. For more information on Tasmanian alpine conditions which occur throughout the year please view: <https://www.youtube.com/watch?v=TTBfRftPTCE>

1) Quality sturdy, windproof waterproof coat with hood. (e.g., Gore-Tex)



2) Quality waterproof over trousers. Lycra skins are not acceptable wet weather gear.



3) Two long sleeve tops (extra) and a pair of long johns. These must be made from a polypropylene or merino fabric. These clothes are in addition to the clothing worn for the run. That is, three tops in total. A good outdoor shop can advise.

4) Beanie or balaclava made of merino or polypropylene (no silks or buffs)



5) Gloves



6) 800 calories (3400 kilojoules) of emergency food (equivalent to 200g block of chocolate) - separate from normal food carried. This food must be carried through to the end of the run.

7) Survival bag (not blanket)-this must be sturdy enough to resist tearing in strong winds e.g., 'Space' emergency bag.



8) An A3 waterproof paper course map will be provided at event briefing.

9) Mobile phone with Avenza app installed. Must be fully charged at the start of the event and have a battery able to last the full duration using whatever apps you are running. Your phone will be checked for battery life at the finish line. Take an external battery pack and charging cable if necessary. Consider running your phone on flight mode.

- 10) An electronic course map, provided by CMR, and downloaded into the Avenza app.
Use the QR code or click on this [link](#) to access.



- 11) Compass (must be a quality, e.g., orienteering standard compass suitable for use in an emergency. No electronic or watch compasses. Minimum 40mm size dial



- 12) A whistle (as part of running pack is acceptable)

- 13) Elastic snake bandage (Loaned to each runner. Provided at the event briefing and collected at finish)

- 14) First Aid supplies. Contents cannot be exactly specified as they will vary according to personal needs but should include blister treatment, antihistamines, pain killers etc.

- 15) Ability to pay \$55 if you do not finish and have to pay for the ferry from Narcissus or Echo point.
Eg. Cash / ApplePay / Google Pay

- 16) Tasmanian National Parks Pass (covering dates 2/02/24 to 4/2/24). Available online at <https://passes.parks.tas.gov.au>. Holiday pass option recommended (covers 2 months) at a cost of \$44.75.

All items should be in a waterproof plastic bag. Light-weight gaiters and sun hat are optional but should be considered in light of your needs and experience.

The organisers strongly recommend fully enclosed trail running footwear suitable for a sustained rocky, muddy and generally rough track.

You are accepted into the run on the clear understanding that you know and understand your needs. The above is the minimum requirement but such a list does not absolve you from using good judgment!