

WELCOME TO THE HAJAR 50 & 100 2017



■ **Mandatory Gear - IMPORTANT PLEASE READ!** *ITEMS TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT*

By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

Please understand that we are trying to keep these low-key events fun and friendly, however, your bags will be checked for all mandatory items at race check-in. The list has been given from personal race knowledge and experience for your own safety and is not there just to be mean and make you carry more stuff! Accidents happen and your first aid kit, whistle and mobile phone are essential for your safety. It is also very warm - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free.

- **1.5 LTR HYDRATION** - (Nathan/Salomon/Camelbak, bottles etc) full to capacity at the start line.
 - **HEADTORCH** (NOT supplied)
 - **CELL PHONE** Fully charged with pre-programmed number of Race & Course Directors - only operational on race day.
 - **COLLAPSIBLE CUP** (SUPPLIED) Drinks are pumped, NOT given in bottles or disposable cups - in your race pack there will be a collapsible cup or bottle to use for water and energy drinks, please take it with you on your run.
 - **WHISTLE**
 - **SMALL POCKET KNIFE**
 - **SURVIVAL BLANKET**
 - **EMPTY ZIPLOCK** - please take rubbish home, please do not drop any litter, however small along the course.
 - **COURSE MAP PRINTOUT**
 - **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, medical tape, Antibacterial cream, 3" wide Ace Bandage, Painkiller tablets, Anti-inflammatory tablets (Voltaren, Ibuprofen etc.) *NOTE: The list is a guideline to the content of a first aid kit. We trust that your first aid kit would include any specific medication you require personally, and be comprehensive enough to deal with most medical situations.*
- OPTIONAL/RECOMMENDED GEAR Sand gaiters, Sunglasses, Peaked hat with or without neck flap, Sunscreen, Small scissors, Spare Duct Tape, Energy Gels/Nutrition, Hand sanitizer/wet wipes, Toilet roll, Camera/extra battery, Warm evening clothes, spare socks, Rain jacket.