

# THE KOKODA CHALLENGE

## COMPULSORY GEAR CHECKLIST



AUSTRALIA'S TOUGHEST TEAM ENDURANCE EVENT

# COMPULSORY GEAR CHECKLIST

## YOU MUST HAVE THE BELOW EQUIPMENT TO PARTICIPATE IN THE CHALLENGE

Compulsory equipment is required on the course for health and safety measures, which are enforced by local stakeholders. Below are the items all participants need to carry/wear for The Kokoda Challenge, we have also included a few extra items we suggest to provide comfort. Print this page, tick off and you'll be prepared!

### A LIGHT DAY PACK

### A ROLL OF TOILET PAPER

If you get caught between portaloos, leave no trace, bury anything & adhere to the bushwalkers code of conduct.

### SUNGLASSES & HAT

### HEAD TORCH

For 96km and 48km events only. To be worn by every participant between dusk and dawn.

### FIRST AID KIT

Including but not limited to, space bag/blanket, snake bite bandage, wound dressings and antiseptic wipes.

### GLOVES, BEANIE & JUMPER

### HYDRATION BLADDER OR WATER BOTTLE

Minimum 1 litre of water per participant. Water refill available at checkpoints.

### WATERPROOF JACKET

### WALKING POLES

Recommended

### REFLECTIVE SAFETY VEST

For 96km and 48km events only. To be worn by every participant between dusk and dawn.

### RACE BIB

To be worn on the front of your shirt, easily visible.

### SNACKS

Experiment with foods before event day to know what suits you!

### PEALESS WHISTLE

### MOBILE PHONES

Minimum of 2 phones per team in waterproof bags, with the same phone numbers as per your team details.



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### 10% OFF GEAR FOR KOKODIANS!

Our Equipment Sponsor WildEarth offer all Kokoda Participants 10% off on gear!

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