

Mandatory Gear List

	ON THE RUN
Running Pack	It is highly preferable that this pack is a Vestpack design and has a minimum of 5-8L of storage and the capacity to carry a minimum of 1L of fluid. A 12L pack is ideal though.
Waterproof Jacket	This must be hooded, fully seam sealed and breathable. A light running specific jacket is best. Find Your Feet has many to choose for Women & Men.
Thermal Top & Bottoms	Preferably a light synthetic or merino garment that can be comfortably worn for long periods of time. Find Your Feet has many to choose for Women & Men.
Beanie or Buff	Any light weight beanie or Buff is ideal to keep your head warm.
Head Torch	It is preferable that this has a minimum of 200 lumens and is bright enough for you to run at night on trails. We strongly recommend the following: <ul style="list-style-type: none"> • Petzl RXP • Black Diamond Spot
Spare Head Torch	This must be bright enough to light up a track. We recommend the Black Diamond Ion or Petzl e+ Light
Personal First Aid Kit	A small, packable first aid kit for carrying on runs should contain at a minimum: bandage, Panadol, wound dressings, wound closure strips (ie. Steristrips), spare energy gel or bar & a space blanket.
Trail Running Nutrition	We ask every athlete to bring appropriate types and quantities of sports nutrition that you have trialed in your training prior to commencing the trip. We recommend Shotz Gels, Electrolytes & Energy Bars. Please allow for 10hrs (faster runners) and 12hrs (slower runners) on this tour. We like our athletes to be consuming energy at least every 45mins. We do not recommend Hammer, GU or Endure Products as they are renowned for causing gastric upset.
Waterproof Bag	To be used inside your running pack to keep your clothes & valuable safe and dry. We strongly recommend the Sea to Summit Ultra-Sil Dry Bags and an 8L capacity.
Trail Running Shoes	We require all athletes to use specially designed trail running shoes. It is very rare that 'normal' road running shoes will suffice on the trails we will run on. See Find Your Feet's complete range of Trail Running Shoes for Men & Women.
Mobile Phone	This needs to be a phone that works in most regions, including on our overseas Tours. Please bring a waterproof bag such as a ZipLock bag to protect it.
Ziplock Bags	Medium Sandwich size are great for dry packing your belongings into your vest pack.
Gloves	It can be very cold in this region of Tasmania so please bring a pair of gloves.

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Running clothes	We suggest either shorts or 3/4 tights, and then a t-shirt. You can always add layers such as thermals over this.
Body Glide or Vaseline	We strongly recommend carrying a very small amount of this for on the run... just in case
Extra thermal or warm top	If you feel the cold, or the weather is 'bad', you may wish to have this option available to you.
\$50 CASH	For emergency use or if you have the 'hangries' when you get to Lake St Clair
NOT ON THE RUN	
Pillow Case	For use on the first 2 nights accommodation at Cradle Mountain
Sleeping Bag	We strongly recommend providing your own sleeping bag for the first 2 nights accommodation at Cradle Mountain. Linen can be provided at an extra charge.
Towel	For use on the first 2 nights accommodation at Cradle Mountain
Insulated or very warm jacket	It is preferable that this is a synthetic or down insulated jacket that can pack up relatively small. This is for use before and after runs. In the event of very cold weather we may encourage you to carry it on a run. Find Your Feet has many to choose for Women & Men.
Picnic Utensils	We love picnics at lunch, breakfast and dinner so please bring along a camping mug, spoon, knife and a plate to make these occasions even easier & more enjoyable. A sharp knife is also helpful to prepare meals. There are basic cooking facilities in our accommodation venues.

We also strongly recommend:

- At least 2 changes of running clothes
- An extra warm jumper
- Comfortable long trousers for relaxing in
- Earplugs due to the nature of sharing a room
- Relaxing activities for enjoying during our 'down time'
- A minimum of \$100 cash for souvenirs, drinks and small incidental purchases
- A copy of your Travel Insurance Documents
- Hat, sunscreen and sunglasses
- A small sachet of clothes washing powder
- Sleeping bag liner
- A dry pair of 'comfy' shoes

If you need to purchase any of the above, please visit www.findyourfeet.com.au. Your unique 15% discount code is **GRT**

Please note, for some tours we may request additional items due to the environment, weather conditions and remoteness. If so, you will be notified.