

Compulsory Equipment (for your own safety):

As a precaution, we would like you to carry the following compulsory equipment with you during your run. It is for your own personal safety. Please adhere to the following:

- Cell phone : Ilse Esterhuyse 0721251854
- zip lock bag to keep phone dry
- Space blanket
- Backpack
- Long Thermal base layer (pants and top)
- Whistle
- Hat
- Emergency food
- Water
- Sunscreen (factor 50)
- Outer shell jacket (waterproof)
- First aid kit

Please ensure that you have the compulsory equipment with you at all times during race as conditions change quickly.