



Raid 100 Mandatory Equipment List

Below is the list of mandatory equipment items to be carried by competitors on the course. This is a bare minimum of required equipment. All competitors are expected to be self-sufficient out on the course and will be travelling through a number of remote and rugged areas. Temperatures at this time of year can reach both extremes of heat and cold. In the event of an emergency, your team mates will be the source of first response. Heavy penalties including deducted points right through to exclusion from the race will apply for teams found not carrying an item of mandatory equipment.





At All Times

Item	Number	Notes
 Mobile Phone	1 per team	Fully charged, switched off and water proofed.
 Headlamp	1 per person	With sufficient batteries for 4 nights of racing.
 Whistle	1 per person	Accessible at all times. Attached to PFD during kayak legs.
 Waterproof jacket	1 per person	Seam sealed and with a hood.
 Thermal top	1 per person	Long sleeved. Made from thermal, wicking material. Can be worn or carried. Arm warmers plus short sleeve top sufficient.
 Sleeping bag	1 per person	Down or synthetic sleeping bag is strongly recommended. Sol Bivy sack or equivalent is sufficient. Thermal (space) blanket/bag is insufficient.
 Compass	2 per team	Southern hemisphere compass. Electronic (watch or phone) compass is insufficient.








	Lighter	1 per team	Waterproofed. Strictly for emergency use only.
	Folding knife	1 per team	Sufficient for cutting rope in an emergency. To be immediately accessible at all times while kayaking.
	First aid kit	1 per team	Sufficient for dealing with injuries in the bush including cuts, stings, blisters, bites, hypothermia, breaks, burns, pain, diarrhea, infection, splinters, rash, chafing and envenomation.
	Spare headlamp	1 per team	Sufficient to read a map and see your feet at night.
	GPS tracker	1 per team	Provided by organisers. Always packed with best line-of-sight to the sky as possible.

Mountain Bike Stages




Item	Number	Notes	
	Mountain bike	1 per person	Sufficient for riding on rugged trails.
	Helmet	1 per person	Must meet Australian standards.
	White front light	1 per person	To be on at all times when riding at night. Headlamp is sufficient.
	Red rear light	1 per person	To be on at all times when riding at night.



Kayak Stages

Item	Number	Notes
 PFD	1 per person	Type 2 or better. To be worn at all times while kayaking. Inflatable PFDs are insufficient. Can be provided if required.
 Paddle	1 per person	Paddles can be provided if required.
 Helmet	1 per person	To be worn at all times on white water and ocean kayak legs. Bike helmet sufficient.
 Glow sticks	4 per person	Minimum length of 10cm. Cracked and worn high on the shoulder when kayaking at night.
 Throw bag	1 per boat	To be accessible at all times while kayaking.

Boxes and Bags

 Bike Box	<ul style="list-style-type: none">• 1 per person.• To meet airline standards, ie 140cm x 80cm x 30cm.• Labelled with competitor name and team name + number.• Maximum weight – 35kg.
 Gear Box	<ul style="list-style-type: none">• 2 per team.• Maximum volume of 104L. Maximum weight of 30kg for teams of 4 and 20kg for teams of 2.• Labelled with team name, number and the letters A and B.
 Kayak Bag	<ul style="list-style-type: none">• 1 per team.• Must be able to transport all the team's mandatory kayak equipment and kayak seating. Strictly no other item permitted to be transported in kayak bags (penalties apply).• Split paddles recommended. A SUP bag makes for a reasonably priced option for fixed length paddles.• May need to carry on the boat on one kayak stage.



Prohibited Items

- Any form of GPS or distance measuring devices including foot pods, pedometers, step counters, etc
- Cycle computers
- Night vision goggles
- Altimeters
- Any maps other than those provided

Recommended Items

The above list is the bare minimum of mandatory equipment teams are required to carry on the course. It is sufficient to manage an emergency situation until first responders can arrive to render assistance. To comfortably complete the course, teams are recommended to carry the following suggested items:

- Outdoor clothing including hats, sunglasses, gaiters, thermal pants, waterproof pants, beanie, gloves and fleece.
- Sunscreen, insect repellent, anti-inflammatory medication and other additional first aid.
- Trekking poles.
- Toilet paper and trowel.
- Means to purify water (tablets, filter, steripen, etc).
- Camp stove for boiling water.
- Tent and sleeping mat.
- Bike repair tools and spare parts.
- Wetsuit for kayaking at night.