

Mt Buller Sky Run Mandatory Safety Gear

You **must** have all the equipment on the list below for your race length to start.

All runners must carry these items with them as a minimum the following safety equipment. The reason is if someone were to injure themselves on the trail they may need to walk out or wait a couple of hours for medical assistance.

The area is subject to sudden changes in weather and with the possibility of an injured person rapidly losing core body temperature or going into shock these items are the **minimum** safety requirements.

X – Mandatory to carry

WD – Weather Dependant, determined by the Race Director on the day. Bring them and be prepared.

Mandatory Items	45 km	36 km	22 km	5 km
Waterproof and windproof jacket with hood	X	X	X	X
Waterproof and windproof pants	X	X	X	WD
Spare long sleeved thermal top and long johns (not “skins” or equivalent)	X	X	X	WD
Beanie and/or hat, gloves	X	X	X	WD
Waterproof map of the area, compass or GPS (knowledge of how to use them). Recommended is Vic map 1:25,000 Buller Stirling or Spatial Vision 1:50,000	X	X	X	
Buller – Howitt Alpine Area. You may download the maps on the website				
Lighter or waterproof matches	X	X	X	
Whistle	X	X	X	X
Emergency space blanket/bag	X	X	X	
Personal First aid requirements: bandaids, antiseptic, painkillers etc.	X	X	X	X
Pressure Snake Bandage	X	X	X	X
Minimum of 500 ml of water (better still 1 litre if it's hot) and/or a container to carry it	X	X	X	
Mobile phone (Telstra has best coverage) and/or Personal Location Beacon	X	X	X	
Torch and spare batteries	X			
Food for the run and emergency food if lost	X	X	X	

Snake Bite - Mandatory Safety Equipment – very important!

NB: All runners in the 36/45 km distances **MUST** have sufficient experience/equipment to allow them to either find an alternate route back to run headquarters or wait out the night and complete the run the following day if required.

A gear check will be conducted on the Saturday night/Sunday morning. Failure to carry ALL the mandatory gear listed above will mean you will NOT be permitted to run. Please pay special attention to the requirements regarding pressure snake bandage.

Any runner in the 36/45 km events who withdraws or is unable to complete the run back to Mt Buller Village by 5:00 P.M. on the Sunday **MUST** attempt to contact the event director by mobile phone (0418 136 070) and advise their status.

If you have only one bar showing on your phone for signal strength—send an SMS message.