

MANDATORY GEAR LIST

RACE	JACKET	PANTS	THERMAL WEAR
OSCARS Hut 2 Hut 100km	Waterproof and windproof jacket with hood and sealed seams	Waterproof and windproof pants with sealed seams	Long sleeved thermal top and long Johns (polypropylene, wool or similar). Cotton, coolmax, lycra and any compression garment will not be acceptable
Bogong to Hotham 64km	Waterproof and windproof jacket with hood	Waterproof and windproof pants	Long sleeve thermal top Ensure you get a proper thermal top. Polypro or merino.
GSER 100km - 160km	Waterproof jacket with hood	Waterproof pants	Thermal long shirt (not a compression shirt) Full-length thermal tights (not compression, and they must be long enough to completely cover the legs)
Down Under 135 - 217km	Seam sealed waterproof rain jacket	N/A	Long sleeved merino or thermal top
Wilson's Prom 100km	Waterproof jacket with hood	N/A	Spare long sleeved polypropylene/wool top and long Johns
Alpine Challenge 100km - 160km	Waterproof and windproof jacket with hood	Waterproof and windproof pants	Spare long sleeved thermal top and long Johns (polypropylene, wool or similar). May be worn at the start of the run Cotton, coolmax, lycra and any compression garment will not be acceptable
Great Ocean Walk 100km - 160km	Waterproof jacket with hood	N/A	Long sleeve thermal top (can be worn on day) must be polypropylene or merino (not compression gear or lycra)
Buffalo Stampede 42km - 75km	Waterproof jacket with hood	Waterproof tights or pants	Thermal long shirt
Surf Coast Century 100km	Windproof jacket	N/A	Long sleeve thermal top** – Polypropylene, wool or similar thermal fabric – not cotton, lycra or any 'compressions' garments. ** This item will be confirmed as mandatory (or not!) the week of the event depending on weather forecast / conditions. FYI, in previous years, this HAS become mandatory.
Wonderland 60km	Waterproof jacket. I.E. jacket must be waterproof, windproof. Suggested is a level of over 20,000mm hydrostatic head waterproof rating. Accepted will be anything from 11000. Anything under 11000 is unacceptable.	N/A	Long sleeve thermal top NOT compression wear. Merino or synthetic is fine.
UTA 100km	Waterproof and Breathable Jacket with Fully Taped (Not Critically Taped) Waterproof Seams and Hood. The breathability must be provided by the material itself and not exclusively by mesh panels. Minimal underarm vents are allowed if the jacket material itself is technical and breathable. Large mesh panels, even if covered by flaps are NOT permitted. A premium jacket would have a waterproof rating of over 15,000mm hydrostatic head and a breathability MVTR rating of 20,000g/m ² /25hrs however much lower ratings are completely acceptable. Any non-membrane jacket must still be in very good condition with waterproof coating intact. The jacket must fit you. Plastic rain ponchos, wind jackets, water resistant jackets are NOT suitable.	N/A	Cotton, Coolmax and lycra garments are NOT suitable. Compression garments and thermal compression garments are NOT suitable. Compression garments may still be used in the race but they are in addition to your mandatory thermal pants and top and do not replace it. The mandatory long sleeve thermal top and long leg thermal pants must be made of either a high performance synthetic material that is made up of fibres which are hydrophobic (ie they do not hold water) or they can be made of lightweight wool (wool does absorb water but it remains warm to wear when wet due to warm air being trapped in lots of tiny air pockets). Garments made of synthetic materials such as polypropylene, polyester and chlorofibre (PVC) are perfect as the fibres do not hold moisture. Garments made from these materials can feel slightly damp in wet conditions but that is because moisture is held in the tiny spaces between the fibres. As the fibres do not get wet these garments will actually dry out from your body heat while you are wearing them and there is no evaporative cooling effect as the moisture evaporates from the spaces between the fibres. Modern thermal materials may use a small amount of spandex, elastane or Lycra to provide greater shape retention, tighter fit and therefore greater warmth. Garments made of a material that is 94% polyester and 6% spandex are perfect.
WEB ARTICLES	https://www.travelsauro.com/best-trail-running-jacket/ https://www.mountainwarehouse.com/expert-advice/waterproof-jacket-guide/ https://wildernesswear.com.au/	Comparison and Selection of lightweight trail running jackets What are waterproof rating and what to look for Local Aussie Thermal wear active outdoor company	