



MANDATORY GEAR – BIG RED 250 & BIG RED 150

*** BIG RED 250 (250km 6-DAY STAGE RACE – 27 JUNE TO 2 JULY 2018)**

*** BIG RED 150 (150km 6-DAY STAGE RACE – 27 JUNE TO 2 JULY 2018)**

To Be Transported by Event Organisers

Event Bag Gear

(To be no bigger than 85cm long, 45cm wide and 45cm high)

You will need to have an event bag large enough to carry all mandatory gear between campsites. Competitors are limited to 14kg weight limit* and the above mentioned size limit. All gear must fit inside one single bag. Other luggage and belongings that are not required throughout the race can be stored at a secure place in Birdsville for the entire event and can be collected at the conclusion of the event.

* The 14kg weight limit is applicable to your event bag. One set of race clothes, running shoes, and the gear that you will carry each day in your race pack as part of your mandatory kit does not form part of this weight limit.

Sleeping Bag

It is required competitors have a sleeping bag that will be suitable for cold conditions. Please remember nights in the desert can get close to zero, and occasionally even below zero, so it is important you are prepared. Sleeping bag liners are recommended to make your sleeping bag even warmer, should temperatures become unusually cold.

Sleeping Mat

A light thermarest, or blow up sleeping mat is suitable.

Food

Food is a personal choice however competitors must be able to supply:

- Breakfast on every day of the event
- Lunch and/or snacks to consume during each day's run
- Recovery food or drink following each day's run
- Snacks while at camp
- Dinner at camp each night

It is recommended competitors take freeze dried meals (available from outdoor stores) or non-perishable food options. Hot water and drinking water only will be supplied at camp by the event organisers.



Utensils

Competitors will need to supply their own cup, bowl and eating utensils.

Clothing

Competitors may wish to change out of their race clothing following the run. It is recommended to be prepared for cold weather. Recommended items include:

- Thermals
- Thick socks
- Warm pants
- Fleece top
- Warm jacket (a down parker is a nice luxury to wear at camp if you have one)
- Beanie
- Camp shoes

Thongs/Sandals

Open shoes to wear around camp are highly recommended to help air out and dry feet and blisters.

Toilet paper

Head Torch

Hand Sanitiser

Competitors are required to bring anti-bacterial hand gel (min 30ml) to use at camp.

Personal Hygiene Items

- Toothbrush and toothpaste
- Wet wipes for cleaning yourself (there are no showers available during the race)
- Sanitary items

Personal Medication

TO BE CARRIED EVERY DAY

TO BE SUPPLIED BY RACE ORGANISERS

- UHF Radio (for emergency use)
- Emergency card (laminated) with advice on snake bite treatment, what to do if lost or injured etc.
- Course maps.
- Long sleeved and short sleeved race shirt. One of these shirts must be worn every day.
- Event hat
- Event buff
- Fire-lighting kit - To be used only in an emergency to keep you warm or to attract



attention if you are injured or lost – more details will be on the Emergency Card.
Includes: 1 X fire lighter block (Jiffy or similar), full box of matches, 1 sheet of paper in a small ziploc plastic bag.

- Square of closed cell foam for blister treatment
- High Visibility Vest (DAY 5 ONLY) – to be worn by all runners pre dawn and after 5pm on Day 5.

TO BE SUPPLIED BY PARTICIPANTS

Backpack

Backpack or body-pack with capacity for all mandatory gear, food, drinks etc. Must be big enough to carry the extra clothing (thermals and fleece) on Day 5.

Hat

Peaked cap with top of head fully covered is the minimum requirement; we recommend a full brim hat or Legionnaire style. Brim or visor-only styles are not permitted. The hat provided by race organisers will be acceptable if you choose not to supply your own.

Sun glasses / UV eye protection

Sun cream. 30mls minimum.

Whistle

To attract attention if you need help

Compass

We recommend a bushwalking or orienteering compass but any small compass is allowed as long as the needle points north and settles quickly. Be aware that some northern hemisphere compasses may not work properly in Australia. A compass must be carried in case you get lost and need to follow the Emergency Instructions.

Head Torch

Minimum 99 lumens manufacturer rating. With fresh set of batteries.

Mobile phone with Avenza Maps & Emergency+ installed

Mobile phone must be Telstra or Optus (there's reception on dune tops during most of Day 1) and it also must have GPS functionality (usually called "location services" in phone settings).

You must install the free apps "Avenza Maps" & "Emergency+". The apps are compatible with Android, Apple & Windows phones. Please install the apps before you arrive in Birdsville, because mobile data isn't always reliable there.

Emergency+ – Search for & install "Emergency+" in play store or app store.

Avenza Maps – Follow the instructions at the link below. It's also mandatory to load the event map and all KML track files applicable to your course.

<http://www.bigredrun.com.au/bigredrun/avenza-map-instructions>



If you do not have a suitable phone, we suggest that you try to borrow one for the duration of the event. If your phone is not Telstra or Optus, you could also obtain a pre-paid sim card for use during the event (Check that your phone is Telstra Next-G or Optus Compatible).

Water carrying containers

Minimum of 2.5 litres capacity. This can be made up of any combination of drink bottles or hydration bladders.

Food

Energy bars or similar for the day. We suggest a minimum of one bar/food portion per event stages (approximately 10km). Gels, trail mix, snacks or any other personal choice of food is recommended, however it is required that you show you have the adequate nutrition for the duration of the event.

Electrolytes

Individual requirements for electrolytes will vary, however it is required that all competitors carry electrolyte replacements with them. These can be in the form of salt capsules, sachet powders or tabs (Nuun, Brew, Hydrolyte etc).

Emergency Blanket

Put all your clothes on and wrap yourself tightly in the emergency blanket if injured, ill or lost.

Ziploc bag for your personal rubbish, wrappers etc.

Toilet paper in ziploc bag

First aid kit

Minimum contents:

- Roll of strapping tape
- Band-aids X 6
- Elastic compression bandage (minimum 2m long X 100mm wide). For snakebite or sprain.
- Blister prevention and care such as Fixamol
- Sterile dressing
- Any personal medications (e.g asthma inhalers etc)

You must have extra supplies of these items in your overnight bag so you can top-up your first aid kit each day.

FOR DAY 5 (84.39km Big Red 250 and 42.2km Big Red 150).

- **Red flashing LED beacon light.** To be clipped to top of back-pack.
- **Thermals** – long-sleeved top and long-leg bottoms. Must be polypropylene, acrylic or similar synthetic or wool. Garments made from cotton, coolmax, lycra or “compression”



garments are not considered to be “thermals” for the purpose of the Big Red Run. You can wear compression garments but they cannot replace the mandatory thermals so you must bring thermals as well for Day 5.

- **Fleece** – 100-weight fleece minimum, long sleeved. Note that “100-weight” refers to a common standard used by Polartec for a lightweight fleece layer. If in doubt check with your retailer that the fabric is equivalent to Polartec 100.
- **High Visibility Vest** – supplied by organisers for use on Day 5 – pre dawn and from 5pm in the evening.

FOR SANDSTORM – 1 X PAIR OF LOOSE LIGHTWEIGHT LONG PANTS

The event will continue in moderate sand storm conditions so you will need to be equipped to cover your legs, arms, head and eyes. In addition to the mandatory gear listed above that can be used in a sandstorm (Buff, long sleeved shirt, hat, sunnies etc) you must also bring 1 X pair of long pants, loose, lightweight-style. Compression or tight running style pants will not be acceptable. These pants can be stored in your overnight bag. You will be advised before each day starts if you need to carry these long pants.

FOR WET WEATHER – RAIN JACKET WITH HOOD, THERMALS & FLEECE

The event will continue in moderate rain. You must bring a waterproof, breathable rain jacket. It must have sealed seams and a hood. It must be in a size that fits you. Acceptable fabrics include Gore-Tex, Entrant, Event, Hy-Vent, Aqua Stop, Omni-Tech, Helly-tech and similar.

The following are not acceptable: plastic rain poncho, polyurethane (PU) coated fabrics, non-proofed/treated or non-membrane fabrics.

The rain jacket can be stored in your overnight bag. You will be advised before each day starts if you need to carry the rain jacket.

You may also be asked to carry the thermals and fleece for wet and cold weather.

PRE-EVENT GEAR CHECK

Your mandatory gear will be checked at registration. You will not be able to start the race without all of the mandatory gear.

SPOT GEAR CHECKS

Organisers will do spot checks throughout the event. Time penalties will apply to any runners without the relevant mandatory gear.

HIGHLY RECOMMENDED EXTRAS

These items should be kept in your overnight bag so you can have spares or replacements if required.

- Spare head torch
- Spare torch batteries – you will need a fresh set for Day 5.
- Spare first aid supplies for other items you choose to bring (in addition to the extras of the mandatory items listed above) so you can top up your daily kit.
- Advanced Blister Kit available from



<https://www.blisterprevention.com.au/shop/advanced-blister-kit> . This kit was developed by podiatrist Rebecca Rushton after her work at BRR 2016 and is tailored for this type of event.

- Spare socks.
- Spare hat and sunnies in case of loss
- Extra sun cream to top up each day
- Vaseline, Body Glide or similar
- Gaiters – optional to keep sand out of your shoes

See next page for packing list



Big Red 250 & Big Red 150 Mandatory Gear Check List

Carried During event	Carried Via Event Bag
Running Pack	Sleeping Bag & Sleeping Bag Liner
Hat	Sleeping Mat
Sun glasses / UV eye protection	Food
Sun cream	- X 6 Breakfast
Whistle	- X 5 Lunch and snacks
Compass	- X 5 Dinners
Head Torch	Snacks for camp
Mobile phone (Telstra or Optus) with GPS functionality	Bowl, cup and eating utensils
Emergency+ app installed	Clothing
Avenza Maps app installed plus all relevant event map & track files	Thongs / Sandals
Water carrying containers 2.5L	Toilet paper
Food	Head Torch
Electrolytes	Hand Sanitiser
Emergency Blanket	
Ziploc bag	Optional
Toilet paper	Personal Hygiene Items
First aid kit	Personal Medications
LIGHTWEIGHT LOOSE LONG PANTS*	Camp footwear
RAIN JACKET WITH HOOD *	Multi-tool
THERMALS*	Small towel
FLEECE*	Spare head torch
SUPPLIED BY RACE ORGANISERS	Spare torch batteries
UHF Radio	Spare first aid supplies
Emergency card	Spare socks
Course maps	Spare hat and sunnies
Fire-lighting kit	Extra sun cream
Closed cell foam for blisters	Advanced Blister Kit
For Day 5	
Red flashing LED beacon light	
High Visibility Vest (supplied by organisers)	
Thermals	
Fleece	
Optional	
Gaiters	
Lip sun cream	
iPod/MP3	
Camera	
Personal Medication	
Vaseline, Body Glide or similar	
Compression wear	

*Dependant on conditions. You must bring these items and you will be advised if you need to carry these with you during the race.

