

MANDATORY ITEMS RULES AND PENALTIES						
ITEMS	5KM	10KM	30KM	50KM	PENALTY	REMARKS
Headlamp				Yes	DQ	Automatic
Emergency/ Space Blanket		Yes	Yes	Yes	30 Minutes	
Waterproof/ Windproof Jacket			Yes	Yes	15 Minutes	
Mobile Phone			Yes	Yes	DQ	Automatic
Whistle			Yes	Yes	15 Minutes	
Basic First Aid Kit			Yes	Yes	15 Minutes	
Personal Drinking Cup			Yes	Yes	15 Minutes	
Water Bottle/ Bladder	500ml	1.0 Litre	1.0 Litre	1.0 Litre	DQ	Automatic
Ziplock bag For Personal Trash					15 Minutes	
Energy Gel/ Bar (Energy Food Source)					15 Minutes	
Shoes					DQ	Automatic
Recommended Items						
Anti Chafing Cream/ Vaseline			Yes	Yes		
Gloves			Yes	Yes		Highly recommended for 30KM/ 50KM
Sunglasses			Yes	Yes		
ID and Money	Yes	Yes	Yes	Yes		
Hiking Poles			Yes	Yes		

**Notes :-**

1. There will be no mandatory gear check during athlete check-in.
2. All runners will be subjected to random mandatory gear check during the race.
3. Automatic = dismissal from the race course

SKY IS THE LIMIT

