

# ROGAINE CHALLENGE



## COMPULSORY GEAR LIST

The Macpac Rogaine Challenge is 2hrs long. Even though this seems relatively short you will still need to have the following clothing and equipment to enable you to complete the challenge safely. We want to be sure that you have everything you need to keep you and your team mates comfortable and safe regardless of the conditions.



### Each team member must carry or wear

- A wind and waterproof jacket
- A long sleeve polypro or wollen top
- A warm hat/beanie. BUFFs are ok for this.
- At least 1.5litres of water
- Energy snacks/food to keep you going for 2hrs
- Personal medication e.g. Asthma inhalers, bee sting pills...etc
- A pack to carry everything in
- A pair of running/trail shoes

### Each team needs to carry the following for the duration of the event

- A compass
- A team first aid kit including as a minimum - 50cm strapping tape for ankles/knees, pain killers, 2 x large crepe bandages (minimum 4cm width), 1 x tri-angular bandage, 2 x non-adherent dressing or gauze pad, 6 plasters.
- A watch
- A whistle
- A survival blanket (the thin silver ones)
- A cell-phone (fully charged) to be used in the event of an emergency, if you need assistance from a marshal.

## macpac® Recommended gear

The following items are recommended but not mandatory:

- Quick Dry Shorts – recommended for added comfort!
- Warm Tights – we recommend wool or polypropylene tights
- Full Fingered Gloves – we recommend wool or polypropylene gloves

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