

Scrutineering and Gear List FAQs

Reflective material: Must be a minimum of 20cm in length. I would highly recommend that you sew these on, as pinned reflective material is more likely to fall off during the event.

Watch: Cannot have any step counting or distance tracking functions, even if you can disable them.

Whistle: The requirements for the whistle have changed this year. It must be pea-less and detached from your backpack.

Hat: Cannot be a visor.

Beanie: Acrylic is fine if thick. Very thin beanies must be made of wool.

Long pants: Must go down to the ankle.

High Visibility Vest: Must be yellow.

Water: Minimum of 2L and can include electrolytes. We recommend that you take at least 1.5L of pure water if you are bringing electrolytes. Other liquids such as soft drinks and energy drinks do not count towards the water requirements. We also highly recommend that your team also brings water purification tablets.

Appropriate food: Please note scrutineers will absolutely NOT be counting calories or anything like that, it is listed in the gear list as a very rough guide. You need food that will last for 36 hours while undertaking vigorous exercise, this should also include some more substantial food that you plan to eat during isolation and on the bus, such as sandwiches, pasta etc. A selection of muesli bars and gels will NOT pass scrutineering. You must also keep any food wrappers with you throughout the race for presentation at Endpoint scrutineering.

Waterproof bag: Large zip lock bags are fine, just make sure it fits your beanie, gloves, thermal underwear and long pants. Unless you are wearing this gear, it must be in your waterproof bag at all times.

Sunscreen: If your team is bringing exactly 200ml it must be unopened and unused.

Tracking watch (optional): If you wish, your team can bring a GPS enabled watch to track the race. This must be on silent and will be sealed with your team's mobile phone at scrutineering. You will not be able to access it until Endpoint.

If you have any further questions please feel free to send an email to scrutineering.inwardbound@gmail.com