

## Proposed Gear List Changes

All gear presented for pre-race scrutineering must be UNPACKED. You will have ample time in isolation to pack your bags. Time penalties may apply if scrutineering timelines are delayed because your bag is packed prior to entering scrutineering, slowing down gear checks. We recommended grocery bags (or something to that effect) to bring your gear into scrutineering.

### **Compulsory Individual Gear (1 per person)**

<b>Item</b>	<b>Requirement</b>	<b>Additional notes</b>
Backpack	Recommend 20L-30L with good support (hip & chest harness). Must be able to fit all compulsory gear.	
Strip of reflective material	Sewn/pinned onto rear of backpack, minimum in 20cm length.	
Compass*		
Headlamp*		
Thermal Underwear	<p>Full length top and bottom. Must be hydrophobic.</p> <p>Made of polypropylene, polyester, acrylic, chlorofibre or lightweight wool.</p> <p>No cotton, lycra, coolmax or compression garments. Infant thermals are also unacceptable.</p> <p>No more than 10% Elastane allowed.</p>	<p>The main function of thermals is to wick sweat away from the skin and stop you from getting cold through evaporative cooling.</p> <p>Materials like cotton, elastane, lycra, coolmax and compression garments are very bad at wicking moisture away. They can easily cause you to become hypothermic in wet conditions.</p> <p>Elastane although hydrophobic is not nearly as good as the approved materials at wicking away moisture.</p>
Watch*	<p>Recommend digital watch with stopwatch functionality.</p> <p>Cannot have any navigation functions like Pedometer, Altimeter, Barometer, Compass or GPS. Hourly beep function must be disabled.</p>	
Pullover/Jumper	<p>Made of wool, fleece, polyester or polypropylene. Must be at least 100-weight.</p> <p>No cotton.</p>	<p>Cotton is not allowed for the same reason it is not allowed in thermals.</p> <p>100-weight (100 grams per square metre) refers to the fleece density. Only the high-end ultra-lightweight</p>

		fleeces reach this limit, every other pullover/Jumper will definitely be above this limit and as such, will be compliant.
Long pants	<p>No jeans or cotton.</p> <p>Compression garments ARE acceptable as long pants.</p> <p>Leg warmers are NOT acceptable as long pants.</p> <p>Must reach ankles.</p>	
Beanie	<p>Made of wool, fleece, polyester or polypropylene.</p> <p>No buffs.</p> <p>No more than 10% acrylic allowed.</p>	Acrylic is not as good as the approved materials at moisture management and breathability, reducing its ability to regulate temperature.
Hat	<p>Consider a wide-brim or legionnaire-style hat.</p> <p>Visors are NOT acceptable.</p>	
Warm gloves	Full-fingered. Made of woollen, fleece, polyester or polypropylene.	
Waterproof Jacket	<p>A quality rain jacket (seam-sealed). Must have a hood.</p> <p>Ponchos or Spray Jackets are NOT acceptable.</p>	
Emergency Space Blanket	The standard one person space blankets are sufficient. Must be unused.	
Whistle*	Must be pea-less. Must be detachable from bag.	
Photo ID	ANU student card acceptable	
Appropriate Food	<p>Sufficient to last up to 36-48 hours (recommend approximately 5000 - 6000 calories).</p> <p>Your food will be checked at scrutineering and must have a diverse range of items. Remember to carry food wrappers with you throughout the race.</p>	In the event that you require help in a remote area on course, this will ensure that you have sufficient food to wait for pick up.
Minimum of 2L Water	Recommended that you carry additional water or bring water purification tablets to refill at natural water sources on course, noting that you will need to plan your route with consideration of the available water sources. Please remember that not all water sources will be accessible, clean or reliable.	
Waterproof Bags	Beanie, gloves, thermal underwear and long pants	

	<p>must be in closed waterproof bags while not being worn to keep them dry.</p> <p>Zip-lock bags ARE acceptable.</p>	
High Visibility Vest	<p>Must be yellow and made of a combination of retroreflective and fluorescent materials.</p> <p>Must be clearly visible from the front and back when wearing your backpack, so must be oversized to cover your whole torso and backpack.</p> <p>Must be worn in all high visibility zones.</p>	

\* Denotes gear that is compulsory for scouts during the scouting period

Please note that no article of clothing can contain more than 10% elastane, lycra or spandex. The rest of the item must be made of the allowable materials listed in the table above.

All clothing MUST be well-fitting and meet the material requirements above. The material it is made of must be clearly labelled on the tag to pass scrutineering. Should you have gear that is compliant but no longer has its tags, or the tags have worn down, this must be signed off by the Scrutineering Coordinator PRIOR to the race weekend. There will be multiple opportunities for this in the weeks leading up to the race at times designated by the Scrutineering Coordinator. Should the Scrutineering Coordinator deem the item acceptable you will receive a slip certifying the specific article of clothing. This must be presented at pre-race scrutineering and carried in waterproof bags during the race for presentation at Endpoint scrutineering.

#### **Compulsory Team Gear (1 per team)**

<b>Item</b>	<b>Requirement</b>
2 x Compression Bandage	<p>For treatment of snake bites. MUST be in original sealed packaging that says "COMPRESSION" OR "HEAVY CREPE" on the label.</p> <p>Standard (white) crepe bandages NOT acceptable.</p> <p>Note: the IB First Aid kit does NOT contain compression bandages.</p>
Sunscreen	200mL minimum. If bringing exactly 200mL the container must be unopened and unused.
Mobile Telephone	Fully charged and NOT ON SILENT. This will be sealed at scrutineering and the phone number provided to the Race Officials. In the event of an emergency, we will call this phone to contact you.

Note: Additional compulsory gear will be supplied to you by the Race Officials at scrutineering. This will include, but not limited to, a GPS tracker, basic first aid kit and maps of the race area.

### Gear supplied by the Committee

Item	Requirement
Course Information Sheet and Course Maps	<p>These items are handed to the navigators of each team at the drop site. The course maps show out of bounds zones, exclusion zones, whitelisted areas, allowable highway/river/railway crossings (if applicable), water drops and other information the Course Setter and Race Director deem necessary.</p> <p>The Course Information Sheet contains additional information on map features, areas to be wary of and contact numbers to use in case of an emergency, withdrawal or inability to make the cutoff time.</p> <p>Please note, it is not feasible to include every minute detail on the maps or information sheet: exercise common sense, particularly with respect to private property.</p>
Basic First Aid Kit	One per team. Please familiarise yourself with the first aid kit contents here (add hyperlink).
Team Envelope (sealed)	<p>This envelope contains locations of each of the drops and instructions on how to proceed in emergencies or if you are withdrawing.</p> <p>Any breakage or obvious tampering with the team envelope will result in the disqualification of the team.</p>
Electronic Locator Beacon	Yellow Brick tracker to be attached to the outside of one (1) team member's pack at scrutineering.
Blindfolds	Two for each member of the team. Will be handed back to race officials at the drop site in exchange for your course information sheet and maps

Note: Additional compulsory gear may be supplied to you by the Race Officials at scrutineering.

### Recommended Gear

Whilst not compulsory, we strongly recommend that you take the following.

Item	Requirement
Spare Batteries or Spare Headlamp	Stored in a sealed waterproof bag.

Water Purification Tablets	
Additional First Aid & Medications	Any medications that you would usually take – asthma preventers, relievers, skin irritation cream, antihistamines etc.  Only take medications that you have used before and you have checked with a doctor are suitable to take during an event like IB.
Blister Prevention & Treatment	Extra socks, Band-Aids, blister blocks.
Vaseline/Anti-chafing Cream	
Sunglasses & Lip Balm	
Duct Tape & Cable Ties	To fix broken bags/zips/shoes.
Paper & Pen	For drawing scout maps.

If you suffer from any medical conditions (i.e. asthma), please ensure you take the appropriate medication with you on the run, able to last up to 48 hours. Consult with your doctor to ensure that you are able to use this medication during Inward Bound. If you need to bring anything with you that you would like kept confidential please email [scrutineering.inwardbound@gmail.com](mailto:scrutineering.inwardbound@gmail.com) to discuss.

### **Drop Bags**

Each team will be allowed to bring one (1) drop bag, containing items you wish to have with you at Drop, but NOT during the race. The drop bag must be clearly labelled with your division and college. It is recommended that you do this with masking tape and permanent marker. This will be checked at scrutineering and any drop bag not abiding by these rules may be refused. You may not have immediate access to your drop bag at Endpoint. Therefore, please do not put anything you may urgently need at Endpoint in your drop bags.

Endpoint bags are to be organised with your college coordinators.

### **Queries**

Please consult with your coach if you have any queries about the suitability of your equipment. If your coach is unsure, please contact the Scrutineering Coordinator at [scrutineering.inwardbound@gmail.com](mailto:scrutineering.inwardbound@gmail.com) BEFORE the event to clarify.

Once at scrutineering, your division may be refused entry into the race if your equipment does not fulfil the requirements specified.