







## BDUTM Compulsory Equipment Checklist

Compulsory Equipments listed below must be carried at all times during the race for safety purposes. All items listed are accounted for seperately, (e.g. Mobiles phones cannot replace or double as a headlamp/torch. Torch/headlamp cannot replace or doubles as a blinker light.)

Spot checks will be carried out randomly for all top finishers and time penalties will be deducted from there.

Item	Description	Category		Time Penalty
		30km	15km	30km   15km
	Race Pack or Bag (Carry compulsory equipment)	✓	✓	0.5hrs
	Carry a fully charged phone. HP Numbers must be provided to organisers and has to be able to make and receive calls	✓	✓	0.5hrs
	Emergency Whistle	✓	✓	0.5hrs
	Hydration Bladder or Bottles (Minimum 1.5 litre of drinking water)	✓	✓	0.5hrs
	Basic First Aid Kit for minor injuries. (e.g. antiseptics, gauzes, bandages, dressings, etc)	✓	✓	0.5hrs
ETC	Personal Necessity, e.g. Muscle Cramp Spray, etc ...	( ✓ )	( ✓ )	N/A
	Personal cup for hot drinks	( ✓ )	( ✓ )	No hot drinks

✓ - Compulsory

( ✓ ) - Recommended