

DISCOVERY  
**MUT**  
 mountain ultra trail  
 GEORGE



42, 60 & 100km Compulsory Gear Checklist (Minimum)

	<b>Race Number</b> (Always visible)	<input type="checkbox"/>
	<b>Own Cup</b>	<input type="checkbox"/>
	<b>Head Light</b>	<input type="checkbox"/>
	<b>Waterproof Jacket</b> (Hood and Taped seams)	<input type="checkbox"/>
	<b>Base layer</b>	<input type="checkbox"/>
	<b>Buff or Beanie</b>	<input type="checkbox"/>
	<b>Running Pack / Race Vest / Hip Belt</b>	<input type="checkbox"/>
	<b>Hydration</b> (Capacity of 1.5l min)	<input type="checkbox"/>
	<b>Trail Food plus Emergency food</b> (only to be used in case of emergency)	<input type="checkbox"/>
	<b>Space Blanket</b>	<input type="checkbox"/>
	<b>Strapping</b> (50mm wide x 1m long)	<input type="checkbox"/>
	<b>Whistle</b>	<input type="checkbox"/>