



Mandatory

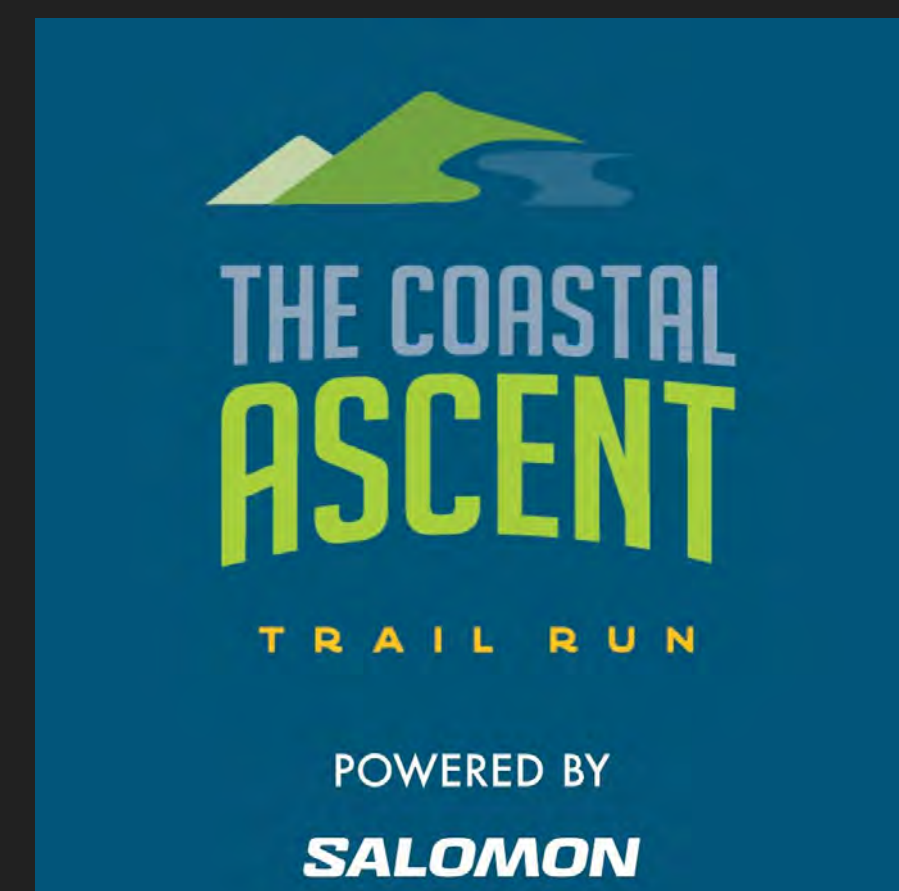
Weather Dependant
Decision 2pm day
before race

THE COASTAL ASCENT
TRAIL RUN
POWERED BY
SALOMON

ITEM	DESCRIPTION	EXAMPLE				
			50KM	25KM	11KM	5KM
Smart Phone	Fully charged smart phone with CAPRA app installed					
Snake Bandage	A snake or compression bandage. Dimensions minimum 7.5cm X 2.3 metres. How to treat a snake bite WATCH					
Space Blanket	A reflective space blanket in new condition					
Waterproof Jacket	Waterproof breathable running jacket with fully taped seams and hood				Recommended in adverse Weather	
Thermal Top	A thermal long sleeved baselayer (Polypropylene, wool) Non-thermal materials eg, Cotton, coolmax, lycra, are not acceptable					
Whistle						
Running light	One running headlight fully charged and suitable for trail running in the dark					



ITEM	DESCRIPTION	EXAMPLE				
			LÉ BENT 50KM	SALOMON 25KM	FIXX 11KM	ADVENTURE READY COACHING 5KM
Capacity to carry 1 Litre Water	Water bottles or bladders with a capacity to carry 1 litre of fluid				Capacity to carry 500 ml water	
Food Portions X 2	Energy food Gels				Recommended	Recommended
Dry Sack	1 lightweight dry sack or ziplock bag to keep items dry					
Buff/Beanie	Beanie, Balaclava or Buff					
Running Gloves	Full fingered lightweight thermal gloves (Polypropylene, wool)					
Zip lock bag	1 ziplock bag for your personal rubbish					
Race Number + Timing Tag (included on race Number)	1 Race number provided by organisers which must be attached and visible on front either with safety pins or race belt					



USING THE CAPRA APP FOR THE COASTAL ASCENT

1. **SCAN** the QR code above and download the CAPRA APP.
2. Save the Coastal Ascent **[COLLECTION](#)** to your library screen in the app. This makes it easy for you to quickly access all the information for each race and relay leg.
3. Turn on 'Send me Alerts' in the route or collection menu to receive notifications specific to that event.
4. Individual courses and map 'pins' can be bookmarked for quick access via the Bookmarks screen. This is especially useful if you want support crew to focus on a particular point on the map.
5. Event collections are a great way to check out pre-arrival information such as parking, road closures and where the event village is located.
6. Capra maps provide excellent detail even if offline but make sure you've looked at your race map before you set off as the app stores the map detail automatically for use offline. Mandatory gear check is a great time to ensure you've looked at your race map.
7. If you have an emergency tap the 'life ring' on the map to give you your exact lat/long details which can be shared easily if you have even a small amount of signal.
8. You can close the app and put your phone away, e.g. when you're racing, and when you pull it out the app will open to the screen you were on making it battery efficient to use as back up in a race.
9. Each race / relay leg map can be shared easily with friends and support crew via the menu option.
10. The app does not record your activity so there is nothing to start or stop.