NusantaRun Chapter 6 Gear List

7-9 December 2018 | 169 KM | Wonosobo - Gunung Kidul

MANDATORY GEAR LIST

- [ ] BIB NusantaRun Chapter 6 (front & back, must be visible at all time)
- [ ] ID Card and/or Insurance Card
- [ ] Headlamp and/or flash light with spare batteries
- [ ] List of Emergency Contacts
- [ ] Active mobile phone (along with its charger)
- [ ] Powerbank (along with its charger)
- [ ] Cash
- [ ] A minimum of 1 L water
- [ ] Energy bar/gel/any nutritional intake that suits your need
- [ ] Reflective vest and/or safety lights
- [ ] First Aid Kit + personal medicines
- [ ] Emergency Blanket
- [ ] Jacket (windproof and/or waterproof)

OPTIONAL gear list (but highly recommended)

- [ ] Running cap
- [ ] SSunscreen
- [ ] Sunglasses
- [ ] Spare socks, shorts, running tee

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