

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