

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
- Sunglasses
- Sunscreen
- Spare socks, shorts, running tee