

DISCOVERY
MUT
 mountain ultra trail
 GEORGE



25km Compulsory Gear Checklist (Minimum)

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