



ADVENTURE RACING WORLD SERIES OCEANIA REGION STAGE RACE MANDATORY EQUIPMENT LIST – THE AMAZONS AUSTRALIA

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ARWS events require that mandatory equipment be carried, for safety or competition purposes. This list provides a definition of common required items for ARWS adventure races or sections of those races.

Each event will specify which of these items of equipment will be required for the event.

Additional items may be added by race organizers where they are specific to their location, conditions or laws of the host country. Competitors will want to carry additional items of their own choice.

PERSONAL RESPONSIBILITY AND ASSUMPTIONS - You and your team together are responsible for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions and activities in the event. This Mandatory Equipment List is NOT a list of the only items you should take. It contains the mandatory items that you and your team must carry with you, at specified times, to meet minimum safety requirements by law, prevent and/or treat SOME potential injuries, and short-term survival purposes (for example a seriously injured team member, in a stationary position, overnight in bad weather). It assumes your team members will NOT separate during the race and that you may share between members the mandatory equipment that must be carried. You will certainly need additional equipment, clothing, food and drink for your participation in the event.

RECOMMENDED AND INFERRED ITEMS

The following items, categories of equipment or related items, are either strongly recommended by organisers, or assumed to be an inferred requirement as competitors must understand adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience.

- ▶ Backpacks and water carrying containers/ bladders/ bottles.
- ▶ Foods and sustenance, sufficient until the next re-supply, including quantity for unexpected circumstances.
- ▶ Personal race clothing and footwear suitable for extreme conditions (including accessories such as hats/ gloves, eye protection, watch/altimeter as required and clothing for water activities such as wetsuits).
- ▶ Paddles for kayak, canoe or packraft
- ▶ Cycle repair kit (including pump, tubes, tools and spare parts).
- ▶ Waterproofing/ dry bags to keep personal and team equipment as dry as necessary.
- ▶ Water purification device or chemicals - to avoid illness from drinking contaminated water.
- ▶ Personal medications (not in contravention of anti-doping rules) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, sun protection creams.
- ▶ Money/ Credit card, personal identification card/ Passport, immigration or visa certificates.
- ▶ Pens and instruments for marking maps,
- ▶ Zip ties.
- ▶ Trash bag
- ▶ Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.

RULES - As a competitor in the AR World Series event using this list, you and your team are required to carry the mandatory equipment items with you at the specified times. Checks of mandatory equipment may occur during the race and missing equipment may result in penalties or disqualification as per the race rules. If any items are used/ consumed/lost during a leg, they must be replaced at the next transition point.

The mandatory equipment is divided into two categories, equipment you and your team must carry at ALL times, and equipment you and your team must carry during a specific DISCIPLINE.

PROHIBITED ITEMS - Prohibited items are outlined in the ARWS Rules of Competition. There are specific rules on items containing GPS, communications/ internet capabilities and items that could potentially assist with navigation.

		ALL TIMES - ALL DISCIPLINES – ALL ARWS RACES		
Yes/No	Name	Image	Quantity	Description
✓	Official Race Bib (Vest/ Jersey/ Bib)		1 x per competitor (No share)	Organiser to provide. The official race bib must be worn by each competitor at all times as the outermost garment except when a PFD is being worn. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by the race organisers. An alternate identification may be provided by the race organisers for use with the PFD in which case it must be worn or attached by each competitor as specified.
✓	Passport. Maps. Course Information.		1 x per team	Organiser to provide. Course maps, course notes and passport/ control card. Teams must carry appropriate for the section of the race on which they are travelling.
✓	GPS Tracker/ Emergency Communications.		1 x per team	Organiser to provide. Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers.
✓	Cell Phone		1 x per team	Cell phone with fully charged battery. For emergency use only. Race organiser will provide advice on specific cell network and will seal phone in security bag before race. Camera function may be used to photograph in case of missing checkpoint.
✓	Digital Camera		1 x per team	Camera or electronic recording device (e.g., video camera), waterproof, shockproof with charged battery. Used to photograph in case of missing checkpoint. Accessible location/GPS information is not permitted.
✓	Magnetic Compass		2 x per team	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race. Watch compasses do not meet these requirements.
✓	First Aid Kit		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
✓	Whistle		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
✓	Light Source (Headlamp)		1 x per competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g., headlamp, cycle lights. NB. No night racing!

	Shell Layer Top (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have a hood, seams tape sealed and suitable for potentially extreme conditions in an adventure race.
	Shell Layer Bottom (Pants)		1 x per competitor OPTIONAL	The shell/ outer layer pants must be waterproof and windproof as specified by the manufacturer. Pants must be suitable for potentially extreme conditions in an adventure race.
	Base layer Top		1 x per competitor	Long sleeve or short sleeve with arm warmers, Close fitting, synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin.
	Base Layer Legs. (Leggings/Tights)		1 x per competitor OPTIONAL	Long leg or short leg with leg warmers. Close fitting, synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin.
	Base layer Head (Beanie or buff)		1 x per competitor	Beanie (or buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin.
	Survival Blanket (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility. (Note bags can deteriorate over time).

 ALL TIMES – MOUNTAIN BIKE DISCIPLINE – ALL ARWS RACES				
Must be taken on all bike sections. May be cached and retrieved.				
Yes/No	Name	Image	Quantity	Description
	Mountain Bike		1 x per competitor	Mountain bike. Must have approximately straight handlebars. (Not drop bars) and at least ONE of these two features.... - Mechanical suspension (not just a flexible frame). - Tire size of 44mm (1.75inch) or greater
	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g., CE, UIAA or country equivalent)
	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted. Must be turned on from sunset to sunrise or in reduced visibility when the bicycle is on a road that may have vehicles. (headlamp light source suitable)
	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Must be clearly visible from behind, on both sides, at a distance of 100 meters. If the light cannot be mounted centrally, two lights may be required. Must be turned on from sunset to sunrise or in reduced visibility at all times when the bicycle is being ridden. Must be turned on in reduced visibility and when the bicycle is on a road that may have vehicles. Recommended: spare rear light carried by team.

 ALL TIMES - PADDLING DISCIPLINE – ALL ARWS RACES				
Must be taken on all paddle sections. May be cached and retrieved.				
Yes/No	Name	Image	Quantity	Description
✓	Boat(s)		As per race organiser	Supplied by race organisers (unless notified otherwise).
✓	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor (No share)	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while paddling. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy. BYO or provided by organisers.
✓	Whistle		1 x per competitor (No share)	Must be attached to the PFD/ Lifejacket.
✓	Helmet		1 x per competitor	Organiser to specify if river helmet is mandatory for any white-water rivers, or if cycle helmet is acceptable. Worn as directed by race organisers. Bike Helmets are suitable. CYCLE HELMET ACCEPTED
✓	Throw Bag Rope		1 x per boat	Rescue device with length of rope stuffed loosely into a bag so it can pay out through the top when thrown to a person. Minimum rope length 10m/ 30ft. Also useful for towing other boats in an emergency.
✗	Illumination (Glow Stick/ Chemical light)		1 x per competitor 1 x per Boat NOT RQD	One glow stick (100mm) attached to PFD in a highly visible position at all times (i.e. shoulder position). One glow stick attached to boat (bring cable tie). Glow sticks must be glowing when dark. Multiple sticks may be required, bring spares. NO NIGHT SECTIONS

 FIRST AID KIT - ALL TIMES – ALL ARWS RACES				
First Aid kit should be complete when leaving the start or any TA with gear boxes. Items may be used during the section.				
Yes/No	Name	Image	Quantity	Description
✓	Pressure Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 meters and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
✓	Triangular Bandage		1 x	This bandage in shape of right-angle triangle can be used to make a sling, as normal bandage and other applications.
✓	Wound Dressing (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self-adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.

	Strapping Tape (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
	Antihistamine (strong)		4 x adult doses minimum	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction. Further medical attention may be required.
	Anti-diarrheal Medication		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhea. Further medical attention may be required.
	Medical Gloves		1 x	To protect the wearer and/or the patient from the spread of infection or illness. Use medical gloves when your hands may touch someone else's body fluids (such as blood, respiratory secretions, vomit, urine or feces)

Recommended: One team member should have basic first aid knowledge.

Recommended Items: Additional first aid items that are highly recommended include (not in contravention of anti-doping rules) analgesics, anti-inflammatory, electrolyte replacements, disinfectant solutions/creams, blister treatment, CPR face shield.

 RACE SPECIFIC ITEMS				
Additional items may be specified by race organisers.				
Yes/No	Name	Image	Quantity	Description & Required Discipline

 TA Gear Bags and Kayak Bags				
May be provided by organisers. See each specific event.				
Yes/No	Name	Image	Quantity	Description & Required Discipline
	Gear Bags (provided)		2 x per team	Drawstring bag. 5 liters . Max weight 5kg. These will be packed by you and transported by the organisers to the finish as specified in the course notes and instructions. (Provided by the organisers)
	Kayak Bag (required)		1 x per team	60cm diameter by 90cm long. Max weight 15kg. Some teams may bring own PFD's and Paddles, so we recommend a lightweight mesh bag that you can take on the kayak with you.

QUESTIONS CLARIFIED:

Q. Can I leave my 'All Times – All disciplines' gear at any point? **NO**. You must have the 'All Times' mandatory gear with you and your team at all times.

Q. Can I leave my bike or boat during a section? **YES**, Bike mandatory gear can be left with the bike or carried with the team. Paddling mandatory gear can be left with the boat or carried with the team. (for instance to get a CP that is more convenient on foot). 'All Time-All Discipline' gear must be taken with you.

Q. Can a team mate carry my backpack? **YES** however each competitor must always wear their race bib and carry a whistle.

Q. Can I use a device to measure distance on a race map? **YES**.

Q. Can I use a powered device to inflate my raft? **NA** Craft are sit on top plastic..

Q. Am I required to carry an additional base layer top or bottom if I am wearing them during the race? **NO.**

Q. Does a cycle top and arm warmers (or cycle tights and leg warmers) meet the requirement for base layer top and base layer bottom? **YES** – but if they are already wet they would not help much in an emergency.

Q. Can I use a headlamp (light mounted on a person's head) as a bicycle front light? **YES**