

bestMed **BMC**
BLACKMOUNTAINCHALLENGE
COMPULSORY GEAR (BMC)

Here's a list of compulsory gear for Black Mountain Challenge & Maria Moroka Trail Run.

Hydration Bag (BMC only)



Lite Snacks (BMC & Maria Moroka)



Thermal Long Tights (optional)



Space Blanket (BMC & Maria Moroka)



3L Water (BMC only)



Waterproof Jacket (BMC & Maria Moroka)



Long Sleeve Baselayer Top (BMC & Maria Moroka)



Fully Charged Phone (BMC & Maria Moroka)



Gloves (BMC only)



Whistle (BMC & Maria Moroka)



GPS (optional)



Beanie or Buff (BMC only)



First Aid Kit (BMC only)

