

**OMG WHAT  
DO I WEAR?**



**7. OMG WHAT DO I WEAR?  
COASTREK PLAN & TRAIN E-BOOK  
BY WILD WOMEN ON TOP**

The good news is, here is a gear list!  
The bad news is, there is no such thing as  
the perfect gear list...



# A GUIDE TO GEAR

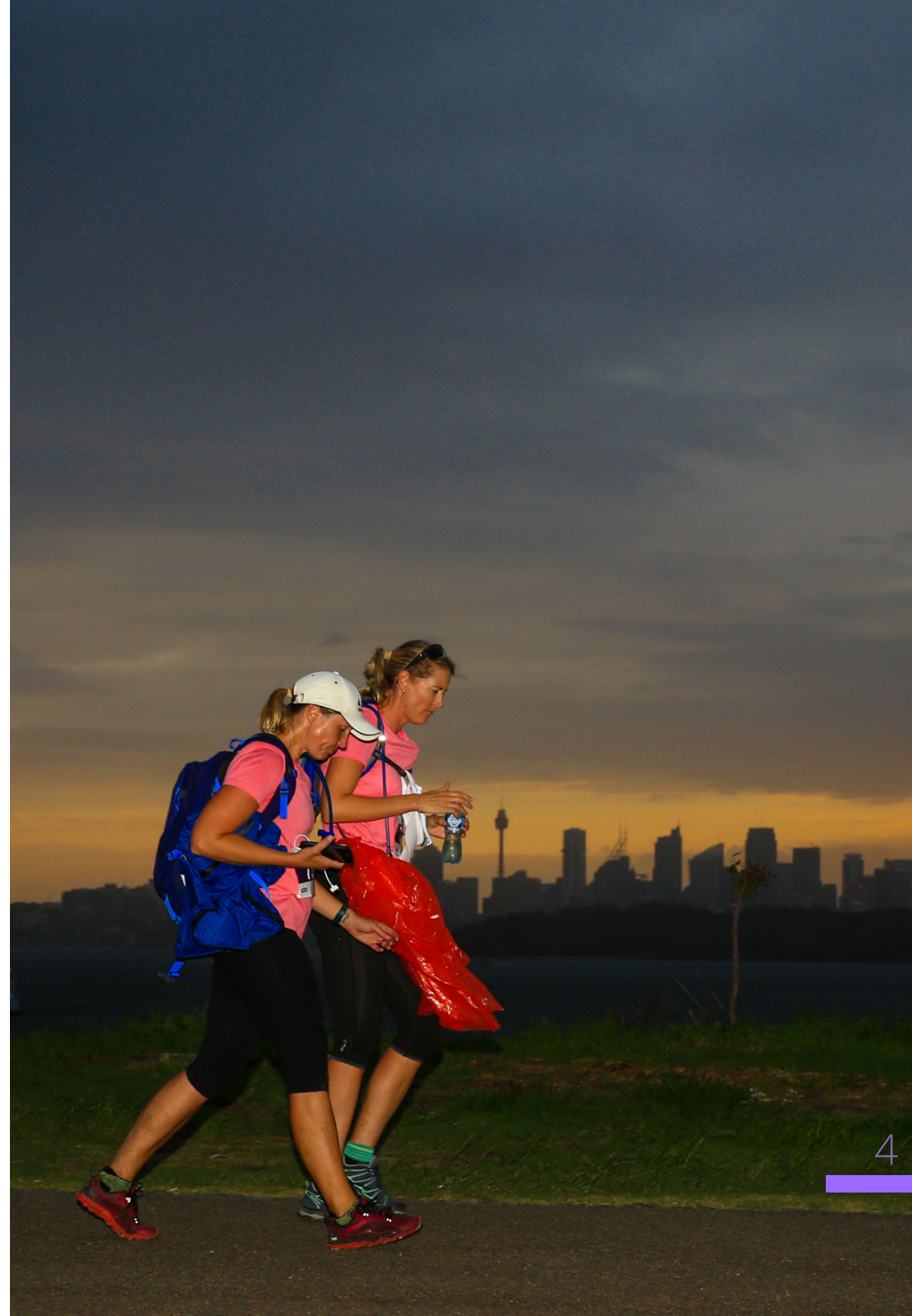
YOU have to work out what works best for you with planning and practice. The more of this you do, the more fun you'll have.

You can learn a lot from the Top Tips video and from this guide, but your personal shopping and gear selection is a fun, important part of your preparation.

Check out the Gear List below and consider what will work for you. You MUST practice with every item of clothing and gear to ensure success on Coastrek. Even the type of underwear you choose is important to your overall

comfort on such a long distance trek. So, don't wait until the night before the event to get your gear sorted. Start now!

For hydration packs we recommend CamelBak. For gear, clothing and shoes we recommend Paddy Pallin. Helinox specialise in trekking poles and Icebreaker make fantastic, moisture-wicking socks.



# THE ULTIMATE GEAR LIST

## Compulsory Gear

- Hi-vis vest (with reflective strips for road crossing and night walking)
- Basic First Aid (e.g. blister pads, bandaids, sunscreen, compression, bandage, strapping tape, triangular bandage, Paracetamol, needle, tea tree oil) and 1 emergency blanket per team
- CamelBak® or other water bladder at least 2L capacity
- Food
- Maps
- Mobile phones on at least two different networks
- Head torch + spare batteries

## General

- Comfortable bladder pack or small day pack
- Trekking poles, light weight with rubber stoppers. Helinox, Black Diamond or Leki are recommended
- Paw Paw ointment or Vaseline
- Compass
- Personal identification
- Waterproof watch
- High carbohydrate, high GI and salty snacks
- Sweets to suck
- Small repair kit including safety pins, shoe laces, string

- Sun hat
- Sunglasses
- Sunblock (min. 30 SPF recommended)
- Trekking Umbrella (Helinox is recommended for light weight and almost indestructible)
- Zip lock or similar bag for rubbish
- Whistle
- Cappuccino money
- Camera

## Clothing

- Quick dry shorts
- Wicking top
- Long sleeved cotton shirt if it's hot
- Seam free underwear
- Comfortable socks, plus spare pairs
- Good trail runners, runners or boots
- Warm fleece for night
- Light weight rain coat
- Cuffs or gaiters to keep sand out.
- Bandana or gel collar for cooling in sun



# FOOTWEAR

Footcare and footwear is something each individual needs to work out in training. From socks, to shoes, to blister protection creams/coverings, YOU will need to experiment in training to find what works for you. The most important thing is that you practice some long walks in different weather conditions, and do not try anything new on event day.

## **What footwear is best for Coastrek?**

The route covers a mixture of soft, sandy bush trails, concrete pavement/footpath and some roadway in the National Park. We have found trail runners/runners worked well for this terrain, with a pair of cuffs/gaiters to keep the sand/stones out.

## **How often should I change my shoes/socks?**

If it's a wet day, every couple of hours, or if you feel a hotspot developing. You need to stop and clean your feet

and change your socks if lots of sand is getting in. If it's a dry day and you have good quality wicking socks, you could get away with only changing them once during the event, but you need to experiment as the combination of weather, footwear, socks and your gait will all contribute to every individual needing to work out their particular footcare needs.

## **How long prior to Coastrek should I get new shoes?**

Not less than 12 weeks, but you don't want to be trekking in super worn shoes with no padding left either. It's also worth having a spare pair of broken in runners/trail runners as a back up left with your support crew (if you have one).



# PODIATRIST TIPS FOR FOOTCARE

**By Andrew Scown**

*Podiatrist, The Foot Group*

The best professional advice that I can give you is to prepare early! Your feet need time to adapt to new stress and load during your Coastrek training program.

Identify your risk of overuse injuries, foot blisters or acute injuries such as ankle sprains. Seek expert advice promptly when needed.

Taping is a great way to prevent hotspots becoming blisters and for

preventing blisters becoming de-roofed. Seek expert advice and try different tapes and techniques.

Lubricants may be used but you need to remember if you use a lubricant and then you need to apply tape later, the tape is less likely to stick to the skin. It's best to choose a strategy that works for you and stick to it.

Choose your blister prevention strategy early and organise a blister kit.

Footwear should be suitable for trail walking/running and be cushioned,

stable and comfortable at initial fit. A second pair is recommended for training and event day. Practice different lacing techniques to improve fit and comfort.

Foot orthotics must fit footwear perfectly and be comfortable. See your podiatrist and update foot orthotics early if needed.

Socks should be moisture wicking. Both merino or synthetic have advantages, but avoid cotton.

Blister prone toes may benefit from toe

socks. Double socks are another option but should not interfere with shoe fit. Whatever sock option you choose, buy your socks early and train in them.

Calluses and toenails should be trimmed and filed to prevent injury. Thick callouses may contribute to blood blisters. Keep toenails trimmed as short as comfortable during training and on event day.

Maximum training time in footwear, socks and foot orthotics plus blister prevention techniques will equal your best foot injury prevention strategy.



# SUPPORT CREW PACKING LIST

Don't rely on your support crew to pack for you. Get a big sports bag and put everything you think you might need into it. Then pack an esky with all possible food options you might like. When your support crew rocks up, all they need to do is get out everybody's personal bags, a few folding chairs and rugs or yoga mats so you can re-stock, re-fuel, sort feet and get water, then be on your way again.

The following list is a guide only. The more thought you put into your personal requirements, the more fun you'll have.

## Support crew gear list

- Spare shoelaces
- Jumper or blanket (to keep warm while you hang at checkpoint)
- Towel
- Wet Wipes
- Water Containers (3x2 litres per person for support team to fill CamelBaks from)
- First Aid kit top up: blister

- treatment, sterilised needle for popping blisters, scissors, Vaseline or Paw Paw ointment, headache tablets, sunburn treatment, conforming bandage, anti-inflammatories, Stingose, etc
- Change of clothes
- Multiple changes of socks
- Fruit and snacks, ice drinks, icy poles.
- Torch and spare batteries
- Glo sticks
- Spare shoes, runners, boots and socks - if you are planning to put these on during the night
- Poles
- Toothbrush and toothpaste
- Rubbish bag
- Hot food/meals. Your support crew can give you a meal at the halfway point. You might have them bring take away, or a gas cooker to warm food, or ice for drinks and cooling you.







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