



10-12 APRIL 2026

PACKING LIST

RUNNER KIT LIST

Running T-shirt
Long-sleeve Top
Running Shorts
Running Pants
Lightweight Jacket
Trail Shoes
Underwear
Socks
Bandana
Beanie
Sunglasses
Sun Peak
GPS Watch
Heart Rate Strap
EM Numbers

HYDRATION

Water Bottle/
Bladder (optional)
day 1: 3 water tables
day 2: 2 water tables
Energy Bars
Energy Gels
Rehydrate Sachets
Race Drinks
Snacks

POST-RACE

Comfy Clothes
Windbreaker
Warm Long Pants
Underwear
Socks
Beanie + Scarf
Gloves
Closed Shoes
Slops
Pajamas
Toiletries

COMFORT

Sleeping Bag
Pillow
Warm Blanket
Sheet
Towel
Camp Chair

MISC. ITEMS

Cash
Credit Card
Cellphone (I.C.E)
Sunscreen
Lip Balm
Insect Repellent
Torch/Headlamp
Earplugs
Spare Batteries
Marked Charging
Cables + Power Bank
(charging station
available)

- Evenings get very cold, **warm clothing and bedding** is essential!
- Please remember your torch/headlight! There is minimal lighting in the camp area at night.
- The area received lots of rain. Pack an extra pair of shoes or gumboots. It will make moving through the muddy areas in the Race village comfortable.
- Please note: the drinking water on the farm is bore hole water. Water will be for sale at the Van Reenen's Biltong stall and the Tugela Round Table Bar if you prefer not to drink tap water.

GETTING THERE

Buffalo Hills Private Game Reserve

Beauchef Farm Number 541, Harrismith, 9880, Free State

Coordinates:

-28.47312, 29.14417

EMERGENCY CONTACT DETAILS

RACE MEDIC

Stephen
082-459-0279