



08 MARCH 2025

Golden Gate Trail Run and MTB Challenge Compulsory Kit

Dear Participant,

We are excited to welcome you to the Golden Gate Trail Run & MTB Challenge 2025! As you prepare for this incredible adventure, please take note of the compulsory kit requirements to ensure your safety and an enjoyable experience.

Compulsory Kit Requirements

40km Participants

- Backpack to hold a minimum of 1.5L liquid
- Basic first aid kit (including space blanket and whistle)
- Buff
- Waterproof jacket
- Headlight and spare batteries
- Cell phone (fully charged)
- Emergency food
- GPS device

25km Participants

- Backpack to hold a minimum of 1L liquid
- Cell phone (fully charged)
- Basic first aid kit
- Emergency food

10km Participants

- Cell phone (fully charged)
- Backpack or belt to carry a minimum of 250ml liquid

Recommended Gear

- Hiking poles
- Thermal pants and top (for cold conditions)
- Extra socks

Be Prepared, Stay Safe!

If you have any questions or need further clarification, feel free to reach out to us at info@myactive.co.za

We can't wait to see you on the trails!