

## Mudgirl 2024 Kit list

- Lunch/snack
- Money, food trucks are on site.
- Water bottle
- Towel & wash cloth
- Full change of clothing
- Extra shoes
- Plastic bag/ carry bag to put dirty clothes in
- Hair tie
- Sunscreen

### **Important note:**

\*Shoes for the race must be closed toe. Running shoes are highly recommended. If you have an old pair that can be worn for the 5km and can be disposed of after as well as old clothing, there are bins provided to dispose of these items.

The Mud Girl theme colour is pink, if desired to be dressed in this colour. All registered members will be given a pink Mudgirl tutu for the event. They may choose to wear it.

\*Phones are not suggested for the 5k, they can be left at the Girl Guide PR booth. There are photo professional photographers throughout the 5k course. Photos will be available free from the Mud Girl website.

If you decide to ring the phone, it must be in a waterproof pouch and please take note that Girl Guides is not responsible for lost or damaged phones.

\*Soap and shampoo is not permitted as the substance makes the shower area slippery on the mats, as it is out door showers with hoses. Please know that some participants do remove clothing to shower in under garments.