
PRE-EVENT CHECKLIST

Whenever you enter a major event, it pays to spend some time thinking about your basic preparation on the actual day. You can benefit from making your own **Pre-event Checklist**. Use this one as a basis.

Clothing

- Wear the right clothing. Most areas around Queensland require long pants and sleeves as the lantana can be very scratchy.
- Gaiters of some sort for your legs
- Orienteering shoes – either specialist shoes, or grass sport shoes such as touch football ones are suitable. Ordinary trainers tend to have too big a heel, and are very slippery.

Equipment

- Compass
- Whistle
- Sport Ident stick, or elastic for your control card
- Chest runner number if required
- Tape for laces
- Strapping tape
- Water bottle
- Watch

At the event

- Check how far to the start, and how much time you have to get ready
- Check where the finish is. See if you can see the last control.
- Strap ankles etc
- Put on gaiters and shoes
- Tape laces
- Make up your control card
- Drink some water

- Clear your watch if taking split times.
- Clear and check your sport-ident stick

Ready to start

- Start your warm-ups either before you go to the start, if close or
- If the start is a fair way, you can do your warm-up on the way.
- Look around you as you are walking or warming up.
- What sort of terrain is it?
- What is the map scale?
- Which way is North?

Get to the start with plenty of time to do your stretches and mental preparation.