

DGT RUN

Apparel Sheet

Item	Brand	Model	Size	Notes
Poles	Black Diamond	Carbon Z		
Poles	Black Diamond	W Carbon Z		Female Specific
Poles	Black Diamond	FLZ		Aluminium / Adjustable
Running Pack	Black Diamond	Distance 15	15L	
Backpack	Vango	Ozone	30 / 40L	
Gloves	Black Diamond	Mont Blanc		
Gloves	Black Diamond	Windhood		
Gloves	Black Diamond	LW Wooltech		
Waterproof Top	Black Diamond	Fineline		
Waterproof Top	Black Diamond	Stormline		
Waterproof Bottoms	Black Diamond	Stormline		
Windproof Shell	Black Diamond	Distance Shell		
Windproof Shell	Black Diamond	Deploy WindShell		
Cap	Black Diamond	Various Options		Recommend the Dash
Peak/ Visor	Black Diamond	Dash		
Gaiters	Black Diamond	Distance		
Running Shirt	Black Diamond	Rhythm Tee		
Running Shirt	Black Diamond	Genesis Tech Tee		
Running Shorts	Black Diamond	Sprint Shorts		

Gear Sheet

Item	Brand	Model	Size	Notes
Cooker	Jetboil	Flash		
Cooker	Jetboil	Minimo		
Cooker	Jetboil	Zip		
Gas	Jetboil	JetPower	100g / 230g	
Headlamp	Black Diamond	Cosmo 350		Duel Fuel
Headlamp	Black Diamond	Onsight 375		Duel Fuel
Headlamp	Black Diamond	Sprinter 500		Duel Fuel
Headlamp	Black Diamond	Sprint 225		Back up
Headlamp	Black Diamond	Re-chargeable Battery	1500	
Tent	Vango	Nevis 100	1 Person	
Tent	Vango	Helvellyn 200	2 Person	
Tent	Vango	Soul 200	2 Person	
Tent	Wild Country	Helm 1	1 Person	
Tent	Wild Country	Helm 2	2 Person	
Tent	Wild Country	Coshee 2	2 Person	
Tent	Black Diamond	DISTANCE 2P	2 Person	Comes with Adapter
Shelter	Vango	Storm	2 Person	Also called a Bothy
Sleeping Bag	Vango	Microlite 200		

Accessories Sheet

Item	Brand	Model	Size	Notes
Drybag	JR Gear	Various	2.5/5/10/15 /20/30L	
Accessory Pouch	JR Gear	Various	S/M/L	
Rain Cover	JR Gear	Various	S/M/L	S = 15-35L Packs
Waterproofing	Nikwax	Glove Proof	125ml	
Gear Care	Nikwax	Tech Wash	300ml	
Waterproofing	Nikwax	TX.Direct	300ml	Spray On
Waterproofing	Nikwax	TX.Direct	300ml	Wash In
Waterproofing	Nikwax	Fabric&Leather Waterproof	125ml	Shoes
1st Aid	LifeSystems	1st Aid Kit - Nano	95g	Waterproof
1st Aid	LifeSystems	Thermal Blanket	55g	
1st Aid	LifeSystems	Thermal Bag	180g	
1st Aid	LifeSystems	Survival Bag	290g	
1st Aid	LifeSystems	Heatshield Bag	110g	
Sizing Guide				
Packs	https://blackdiamondequipment.co.za/pack-sizing/			
Gloves	https://blackdiamondequipment.co.za/glove-sizing/			
W Apparel	https://blackdiamondequipment.co.za/womans-apparel-sizing/			
M Apparel	https://blackdiamondequipment.co.za/mens-apparel-sizing/			
Poles	https://rockrun.com/pages/black-diamond-poles-size-chart			