

**TOUGH
MUDDER**



TOUGH MUDDER GAMUDA COVE

INFO PACK

GAMUDA

cove

**TOUGH
MUDDER**



WHAT TO BRING



**Handphone for
pictures and videos to
feed your 'Gram**



**Soft copy of ticket
or confirmation
email**



**NRIC or photo ID that
matches name on
confirmation email**



**Cash or e-wallet to
purchase food and
drinks**

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EVENT DETAILS

START TIME

**Operation Hours :
6:00AM - 9:00AM**

Arrive at least 60 minutes before your allocated start time for registration and bag drop

What to expect: bring your ticket and ID for registration, scan your QR code, receive THREE wristbands for start time, T-shirt and bag drop

Start times will be strictly enforced. You may only participate in the start time assigned. There are no exceptions

Make sure ALL your wristbands are on firmly. You will need this throughout the course.

BAG DROP

**Operation Hours :
6:00AM - 1:00PM**

We only accept weather proof bags no larger than back pack size.

Attach your bag drop wristband (received at registration) to your bag. You will need your start time wristband to collect your bag at the end.

Please do not leave valuables in your bag. Tough Mudder is not responsible for lost or stolen items

PRO TIP

Bring a fresh change of clothes, there will be a rinse station to clean up and change after the MUD.

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GETTING THERE



**The HIVE, Discovery Park, Persiaran Cove
Sentral, Bandar Gamuda Cove, Banting,
Selangor Darul Ehsan**

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WHAT TO WEAR



—●●—
Tight, dry-fit apparel that won't hold water and less likely to chafe. Avoid loose clothing that can get caught.

Prioritize old clothes you don't mind losing, as everything might get covered in mud and tough to save

A pair of running trainers are the best footwear, but they will get muddy so leave your fresh pair at home.

—●●—
Choose well-fitting clothes with good grip, but avoid cleats, studs, and hiking boots—these are not suitable for climbing on others.

Skip any uncomfortable obstacles; move to the next one. There's only one electrified obstacle—avoid it if you have a heart condition, metal in your body, neurological history, or are pregnant.

SAFETY TIP —●●—

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COURSE ROUTE

5 KM



GAMUDA

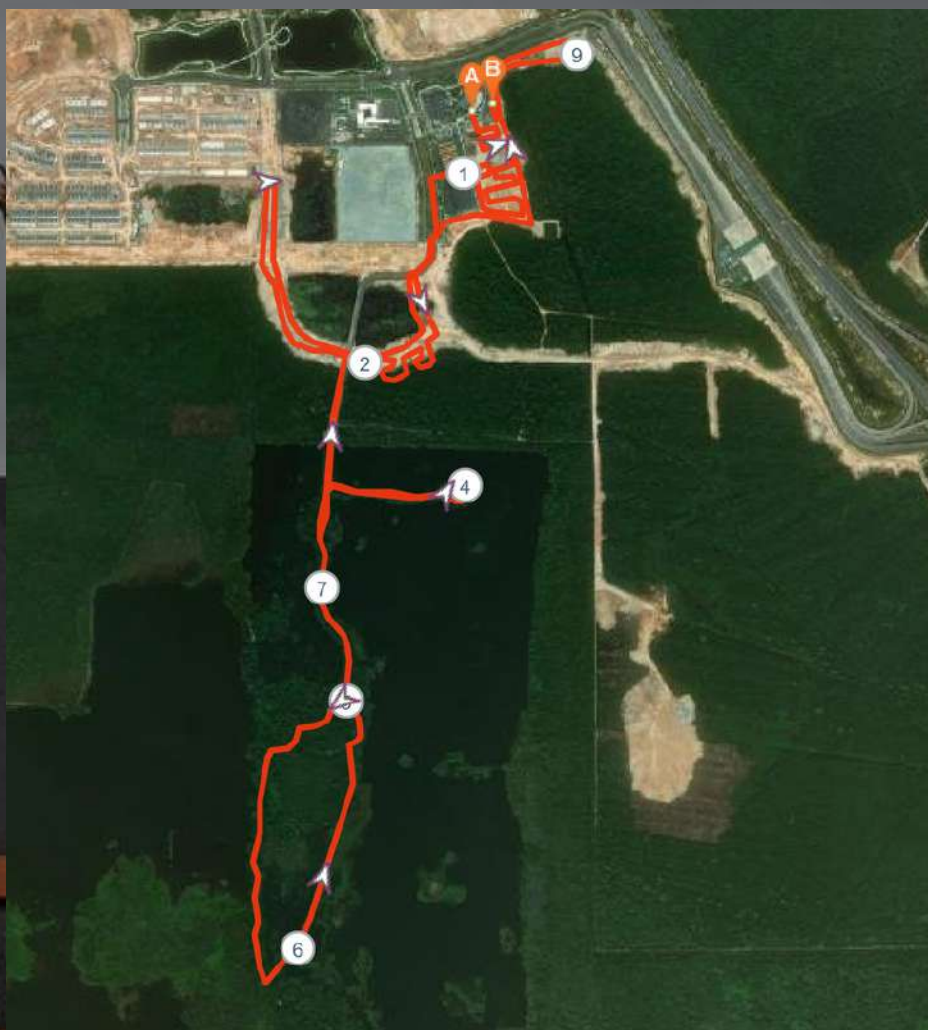
COVE

**TOUGH
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COURSE ROUTE

10 KM



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HYDRATION & NUTRITION

allswell™

Supercharge your day with
ALLSWELL Immunity Drink
and stay energized



Replenish electrolytes
and minerals with
KARTA coconut water



Energise on-route with
OPTIMUM NUTRITION
amino energy drink.

WOLVES
FITNESS



Fuel your fitness journey
with protein-rich sustenance
from WOLVES FITNESS.

yogood®

Indulge in a delicious and
satisfying YOGOOD protein
reward at the finish line



Refreshing mineral water
sourced from the mountain for
optimum body function

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MUDDER VILLAGE FESTIVAL

GARMIN®

Participate in the thrilling
Circuit Challenge for an
exciting opportunity to win
innovative GARMIN watches

asics
sound mind, sound body

Test your luck for a shot
at winning a pair of ASICS
shoes in our exciting Spin
and Win promotion

**ICE
POWER**

THE ORIGINAL PAIN WINNER
FROM FINLAND

Prepare to face this
gruelling mud fest with Ice
Power premium products
and physiotherapist

ATF
SPORT TAPING

Before starting, get your free
taping at ATF SPORT TAPING
booth to Play with Confidence.

GATSBY

Instant refreshment with GATSBY
wet wipes, the perfect solution for
a quick and revitalizing cleanse

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APPAREL PARTNER

PRIME

Visit PRIME booth for package sets and
stylish selections that offer the ultimate
comfort and performance wear

INSURANCE PARTNER



Insur♥nce
Simplified

Stand a chance to win a Sony Headphone
and Fitbit Luxe when you download the TUNE
PROTECT app to join their lucky draw

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