



Compulsory Kit List 2020

Per Team

(1 for teams of 2, 2 for teams of 4)

First aid kit comprising a minimum of:

2m strapping tape

Painkillers

8 x plasters

4cm wide crepe bandage

2x gauze pads

Blister block/second skin

Sun cream

Compass

Torch with new batteries

Watch

Bike pump and tool kit

Per Person:

Backpack

Mountain bike with spare inner tube

Safety approved bike helmet

Sufficient food and water (jet planes are a great starting point!)

Waterproof jacket

Fleece top

Poly-prop/thermal top and bottoms

Whistle, beanie and gloves

Survival bag

Remember, this kit is compulsory! You must bring it with you for the gear check at race registration. You **MUST** carry all this kit with you at all times on the course with the exception of the specialised bike equipment. Random kit checks are forecast for race day, be aware!