

# RIDING KIT, BIKE PREPARATION & SPARES CHECKLIST

## \* ON THE BIKE COMPULSORY KIT \*

## ON THE BIKE RECOMMENDED KIT

Helmet	Per Rider
ID, medical aid card, money & cellphone	Per Rider
Whistle	Per Rider
3lt fluid- Bottle and / or Hydration Pack	Per Rider
Spare tube (suggest x 2 & Pre-Slimed)	Per Rider
Tyre levers	Per Rider
Pump and / or CO2 cartridge & adaptor	Per Rider
Tyre Gators (to fix side walls)	Per Rider
Patch kit	Per Rider
Multi tool (allen keys, screwdrivers etc.)	Per Rider
Chain lube	Per Rider
Power-Quick Link and / or Chain Pins	Per Rider
GPS + spare batteries	Per Team
Chain brake	Per Team
Toilet Paper	Per Team
First Aid- to include...	Per Team
Foil survival blanket, First Aid Dressing X 3 (Sizes 2, 3 & 4 recommended), Adhesive first aid plasters x 5, Sun-block with a minimum SPF factor 15, Tampon, Personal Medications	

Cycling Tops & Shorts
Cycling Gloves, Shoes, Socks, Sunglasses
Sweat Band / Bandana / Buff
Arm & Leg Warmers
Wind / Rain Breaker
Butt Cream
GPS spare + batteries (good all to have)
Derailleur Dropout/Hanger (bike specific)
Duck Tape / Cable ties (highly recommended)
Chain Lube extra
Light weight, high energy foods such as:
Power Bars, Nuts & Raisins, Dried, Fruit, Biltong, Jelly Babies, Energy Drink, Gels etc.

## RECOMMENDED FIRST AID - In Your Overnight Bag

### Dressings Qty...

- Band aids 1 pkt
- Micropore Strapping 1 x roll
- Crepe Bandages 1 x 10cm, 1 x 15cm
- Triangular Bandages x 2
- Adhesive Strap RIGID 1 roll 50mm
- Adhesive Strap ELASTIC 1 roll 50mm
- Gauze Dressing Pads 1 packet
- Wound Dressing x 1
- Disposable Gloves 2 pairs

### Utilities Qty...

- Scissors
- Foil Space Blanket

### Medicaments Qty...

- Paracetamol Tablets x 10
- Disprin Tablets x 12
- Ibuprofen Capsules 400mg x 20
- Valoid Tablets x 12
- Imodium Capsules x 10
- Betadine Ointment 1 tube
- Mercurochrome Solution 50ml
- Petroleum Jelly 1

## RECOMMENDED TOOLS & SPARES - In Your Overnight Bag

- Allen Keys
- BB-remover
- Bike cable lock
- Bike wash kit
- Brake fluid for Hydraulic brakes (Check type)
- Brake pads (to suit your bike)
- CO2 Cartridges
- Cables Shifter (and brake if V)
- Cassette remover / freewheel turner
- Chain
- Chain Break
- Chain lube
- Cone Spanners
- Derailleur hanger
- Derailleur Rear & Front
- Duck Tape / Cable ties
- Floor-Track pump
- GPS 220 / 12 V charger cable
- Nuts & bolts
- Pliers
- Power-Quick Link or Chain Pins
- Pulley / Jockey Wheels
- Pump for Front & Rear shocks
- Screwdrivers
- Spanners (especially 15mm)
- Spoke wrench
- Spokes

Tyre levers  
Tyres, Tubes & Slime  
Wrench Set

### OVERNIGHT KIT

#### Sleeping...

Tent & Mattress  
Sleeping bag or Sheet & Blanket  
Pillow  
Torch / Headlight (spare batteries)

#### Personal...

Towel, Shampoo, Toothpaste, Toothbrush, Brush,  
Lip-Ice, Razor, Toilet paper, Deodorant, Soap,  
Tampons, Sunblock

Cycling Kit, Hat, Shirt, Shorts, Skirts, Underwear,  
Socks, Track Shoes / Slops

Bathing Costume & Towel

#### Other...

Pocket Knife  
Mosquito/Insect Repellent  
Camera  
Washing Powder  
Ear Plugs  
Money/Cards  
Cellphone & Charger  
ZipLoc bags & Black Bin Liners  
Notebook & Pen

### BICYCLE TUNE UP PRIOR to EVENT

#### Check ALL...

Nuts & Bolts, tighten  
Bar ends, grips & brake levers, tighten  
Brake pads  
Ensure brakes & gears are okay  
Chain is not stretched  
Tyres: Pressures, treads & side wall cuts & your  
wheels are true and no loose spokes