



MOUNTAIN BIKE

RECOMMENDED GEAR CHECKLIST

It is recommended that all competitors carry the following gear at all times during race day – and allow for extra warm clothing if conditions are unseasonably cold.

- Base Torso Layer

 - Waterproof Jacket – Seam sealed with a minimum of 10,000mm waterproofing

 - Personal First Aid Kit: including bandages, plasters, tape, gauze; We also recommend carrying pain relief medication (e.g. Panadol) for headaches and electrolyte replacement powder (e.g. Gastrolyte) for cramps, along with other medications you might need (e.g. prescription or hay fever medication).

 - Bike Tool Kit: Must contain two spare tubes*, a bike pump, a multi-tool, tyre levers, patch kit and a chain breaker (that you know how to use). A speed link/spare chain link is also useful.
- *If using tubeless, ensure sealant is refreshed every 2 months and carry at least 1 tube as an emergency back-up
- Padded Cycle Shorts – recommended for added comfort