



## TEAMS & INDIVIDUAL 'WHAT TO BRING LIST'

### A. SOLO – MUST BRING ITEMS

No	Items	check
1	Hydration system with min. 2 litre capacity	
2	1 whistle	
3	1 compass (electrical watch or others ok)	
4	1 Backpack	
5	1 lighter or matches (in waterproofed pouch such as Ziploc)	
6	Road Bike / Mountain Bike	
7	Biking Helmet	

### B. ENDURO – MUST BRING ITEMS

No	Items	check
1	1 headlamp	
2	Hydration system with min. 2 litre capacity	
3	1 whistle	
4	1 compass (electrical watch or others ok)	
5	1 team first aid kit (enough for 2 persons)* see below	
6	1 Backpack	
7	Mountain bikes in good working order (to be checked)	
8	Biking helmets	
9	1 lighter or matches (in waterproofed pouch such as Ziploc)	
10	Pencil & paper	
11	1 PFD (personal flotation device) Optional – Type II or III	

### C. ENDURO AND SOLO- ITEMS RECOMMENDED TO BRING

No	Items	check
1	Bike light	
2	Biking gloves	
3	1 Spare tyre bladder / tube	
4	1 mini pump	
5	1 patch kit	
6	1 Bike repair tool with chain breaker	
7	1 Bike to have odometer –Enduro only	
8	Handphone – emergency use (for your safety)	

**First aid kit**

Blister dressing - optimal Triangle bandage - x 1 Bandages - 2 rolls Gauze pads (5 pcs X 150mm X 200 mm) 20mm self adhesive tape Safety pins
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**D. SOLO and ENDURO** other recommended items that teams/individual may bring along:

Food

- Food and nutrition suitable for adventure racing (Powerbar, gels and the like)
- Carbo-drinks and water
- Isotonic drinks (Gatorade, 100 Plus, etc) will be on sale on location

Clothes – (Open Race course under extremely hot conditions)

- Extra (dry) clothing, especially socks
- Sun hat – full brim
- Sun glasses
- Sun Cream
- Bandana

Others

- Dry bag to carry dry items on kayak
- Garbage bag
- Toilet paper
- Extra batteries for headlamps and flash lights
- Various sizes of Ziploc bags for items that are to be kept dry

Hygiene/health

- Aloe-vera sunburn relief
- Cortisone cream
- Antibacterial hand sanitizer