

# Optimal Pack List

Please note that this is not an exhaustive list  
Use this list as a guide  
**Those items in BOLD are HIGHLY recommended to be carried on you / on your bike**  
Those items in *Italics* can be in your rider bag  
The Event organisers and staff CANNOT be held responsible for any rider bag which are left or any losses. DO NOT put anything of value in your bag.

|                          |  |                          |  |
|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | Anything you cannot live without when on the bike                        | <input type="checkbox"/> | <b>What will be available at the start and rest stop(s)</b>  |
| <input type="checkbox"/> | Arm warmers & arm coolers  | <input type="checkbox"/> | Mechanic   |
| <input type="checkbox"/> | Baby wipes to freshen up : after ride                                    | <input type="checkbox"/> | First Aid  |
| <input type="checkbox"/> | Bag for wet/dirty clothes : after ride                                   | <input type="checkbox"/> | Water  |
| <input type="checkbox"/> | <b>Bars/gels/powder : use what you know</b>                              | <input type="checkbox"/> | Track pump   |
| <input type="checkbox"/> | Bike : gravel/cyclocross or MTB's : or 'e' versions                      | <input type="checkbox"/> | Sun Cream  |
| <input type="checkbox"/> | Bike shoes   | <input type="checkbox"/> | Bananas  |
| <input type="checkbox"/> | Buff or similar <a href="http://buffwear.com">buffwear.com</a> : if cold | <input type="checkbox"/> | Toilets including port a loos                                |
| <input type="checkbox"/> | Butt butter / chamois cream : use what you know                          | <input type="checkbox"/> | Sanitiser  |
| <input type="checkbox"/> | Chain Lube : in your car to use before the ride                          | <input type="checkbox"/> | At <b>ONE RS</b> your rider bag - with extra food / clothing |
| <input type="checkbox"/> | Change of clean clothes, socks & shoes/thongs : after ride               | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>CO2 head gadget &amp; 2 canisters 25g i.e. NOT Road 16g</b>           | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Cycling cap  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Cycling kit - not brand new  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Extra Derailleur Hanger aka Derailleur Tip for your bike</b>          | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Front + rear flashing USB chargeable lights</b>                       | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Garmin or similar with mapping capabilities</b>                       | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Gloves - short + long : thermal if cold                                  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Handlebar bag, saddle bag, hydra-pack &amp;/or frame bag</b>          | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Helmet   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Leg warmers/leggings : if cold   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Mask</b>  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Mini dry bag with cash / phone / ID / Credit Card</b>                 | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Mini first aid kit</b>  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Mini-pump</b>   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Mini/Multi tool including a chain breaker</b>                         | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b><i>One off bike nuts/bolts/etc : better to have them handy</i></b>    | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Overshoes : if cold  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Quick chain link for your chain SRAM / Shimano</b>                    | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Ride specific socks : wool especially if getting wet!!                   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Riding specific under shirt  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Space blanket</b>   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Spare brake pads x 2</b>  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <i>Spare tire x 1 - arrive with newish tires on your bike</i>            | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Spare tube x 2</b>  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Sun cream / lip balm with SPF</b>                                     | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Sun glasses / clear glasses  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Tire boot - Park Tool have one or \$5 note at a stretch</b>           | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Tire leavers</b>  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Tire plugs including adhesive and rubber solution</b>                 | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Track pump : in your car to use before the ride                          | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Vest/gilet : if cold   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | <b>Water bottles x 2 ALREADY FILLED on your bike</b>                     | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Waterproof long sleeve jacket : thermal if cold                          | <input type="checkbox"/> |  |

