

# The Crossing

## Mandatory Kit List



**The countdown is on!**

**Time to get kitted out...**



## General Kit

- Full waterproof body cover i.e. long sleeve jacket or top and full-length trousers. Both must be waterproof. These must have TAPED SEAMS as a minimum standard. [BUY HERE](#)
- Warm headgear - [BUY HERE](#)
- Gloves – [BUY HERE](#)
- Rucksack or large bum bag - [BUY HERE](#)
- Hydration system - [BUY HERE](#)
- Survival bag - [BUY HERE](#)
- Whistle - [BUY HERE](#)
- GPS tracker (supplied at registration)
- Hat or Rat Rag – [BUY HERE](#)
- Reusable cup for hot and cold drinks - [BUY HERE](#)
- Hand sanitiser
- GPS device
- Head torch rated to 150 lumens minimum – [BUY HERE](#)
- Spare batteries for headtorch
- Sunglasses with Cat 3 protection – [BUY HERE](#)
- Sunscreen
- Mobile phone and means of keeping it dry (e.g. small drybag or waterproof phone cover/ pouch)
- Power bank for mobile phone
- Casual clothing for use in evenings – no formal wear required
- Personal toiletries including any personal medication required
- Overnight bag: Such as a duffel or rucksack - [BUY HERE](#)
- Pitstop bag: A smaller duffel, a small rucksack or drybag - [BUY HERE](#)
- Snacks – [BUY HERE](#)

## Bike Stage

- Mountain Bike (either your own or a rental)
- Bike helmet
- Simple front and rear bike lights

- Handlebar mounted GPS device e.g. Garmin Edge, Wahoo or mobile phone with a power pack, bike mount and waterproof case.
- Water bottles or hydration pack: Recommended 2 x 750ml bottles
- Tools - cycling multitool, peddle spanner and chain link removal tool as a minimum
- Puncture repair kit (or slime if you are using that)
- Cycling footwear
- Cycling gloves
- Full length upper body and leg cover suitable for cycling
- Additional warm layers to carry. Natural fabrics and fibres recommended.
- Recommended: Spare pair of full-finger length gloves in case of wet/ windy weather*

## Personal Medical Kit

- 1 x triangular bandage
- 1 x crepe roll bandage
- Gauze or similar absorbent dressing
- Small set of scissors
- Pain Killers (paracetamol or/and ibuprofen)
- Steri-Strips
- Antiseptic (spray or cream)
- Assorted plasters
- Rubber gloves
- Prescribed medication
- K-tape
- Compeed – various sizes
- Lube stick • Sudacrem