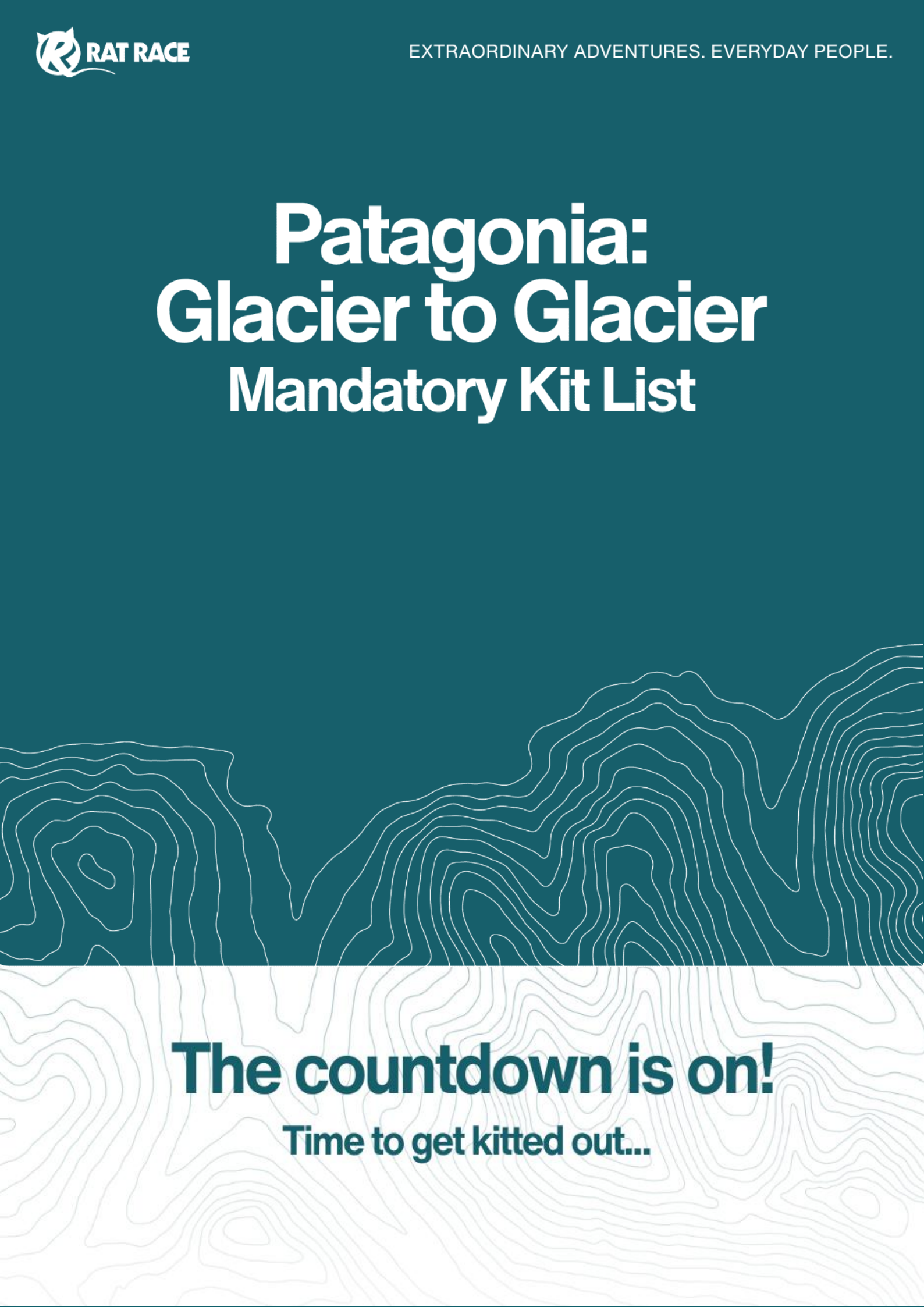


Patagonia: Glacier to Glacier Mandatory Kit List

The background of the entire page is a topographic map. The upper half is a dark teal color with white contour lines. The lower half is a light cream color with dark teal contour lines.

The countdown is on!

Time to get kitted out...

Running/Trekking Kit

- ☐ **Cap/hat with neck protection:** Protecting your head and neck from the sun is a must.
- ☐ **Sunglasses:** We advise wrap-around sports sunglasses to give you maximum field of vision and maximum sun protection. Cat 3 protection minimum spec. [BUY HERE](#)
- ☐ **Buff or Rat Rag**
- ☐ **Suncream**
- ☐ **Trail running apparel:** shorts, technical wicking tee/ base layer, long-sleeved wicking layer, mid-layer (e.g. microfleece)
- ☐ **Windproof and/or waterproof upper body AND leg cover.** [BUY HERE](#)
- ☐ Spare base and mid layers
- ☐ **Socks:** [BUY HERE](#)
- ☐ **Running/hiking shoes**
- ☐ **Daypack or Ultra Vest:** You only need a handy day pack. 15– 30l is recommended. Although it is up to you – you will need to fit the mandatory kit inside, plus 2l of water, food (min 400 kcal) and spare clothing. It's entirely up to you. [BUY HERE](#)
- ☐ **Water carrying system:** We will ask that you have a MINIMUM carrying capacity of 2 litres on you at any one time. You may carry bladders, plastic 'hard' bottles or soft bottles. Anything combination is fine. Provided you can carry 2 litres. [BUY HERE](#)
- ☐ **Poles:** Optional but recommended. [BUY HERE](#).
- ☐ **Head torch:** waterproof to IPX5 standard, minimum 150 lumens + spare batteries or second headtorch. [BUY HERE](#)
- ☐ **Portable charger:** for phone selfies! But also for the charging of your GPS device – see below. Bring in waterproof or ziplock bag.
- ☐ **GPS device:** We require that you have a GPS device that is capable of having a GPX file downloaded to it. This can be a watch or a handheld device.
- ☐ **Collapsible cup.** [BUY HERE](#).
- ☐ **Survival Bag.** [BUY HERE](#).

Food

- ☐ **Electrolyte tablets, salt tablets or Sticks:** To be clear, these are non-negotiable mandatory kit. [BUY HERE](#)

- ☐ **Freeze-dried expedition meals x 2** for dinner and breakfast. They must be the dehydrated type that only needs hot water adding before eating, we will provide the hot water. [BUY HERE](#) Quote RatRace15 at checkout for a 15% discount on your order.
- ☐ **Snacks:** We will provide you with Pit Stop support along the route. We ask that you maintain some emergency rations on you at all times. As a minimum, 400kcal. This equates to 4 gels or similar energy bars products. You may also want to take your own foodstuffs and/ or sports nutrition as you know what works best for you and you may have a system you are comfortable with, or simply want some of your own preferred scooby snacks.

Bike Kit

- ☐ Bike: Mountain bike, hybrid, gravel or cyclocross – (if you're not hiring from us)
- ☐ Bike box or bag (box recommended), if transporting your own bike
- ☐ Helmet – You must provide your own even if renting a bike
- ☐ Water bottles: Recommended 2 x 750ml bottles (for all riders, rental or own bike users)
- ☐ Tools – to comprise a minimum of: Cycling multitool, pedal spanner and chain link removal tool. If you are hiring, we will provide basic tools but we advise you bring multitool and handpump
- ☐ Spare parts – as outlined in the EEI (if you're not hiring from us)
- ☐ Puncture repair kit (or slime if you are using that) if you're not hiring from us
- ☐ Your own pedals if you wish to use them (rentals will be provided with flat pedals)
- ☐ Cycling footwear (choose to wear cycling shoes and use your own peddles or use robust trainers if using our rental bikes with flat pedals)
- ☐ Cycling gloves. 1 pair if mandatory. Recommended: Spare pair of full-finger length gloves in case of wet/ windy weather. Neoprene is very good for such conditions
- ☐ Full length upper body and leg cover suitable for cycling
- ☐ Wind/ waterproof upper garment
- ☐ Spare cycling clothing in case you get drenched
- ☐ Good quality socks
- ☐ Bag to contain mandatory kit (including waterproofs, spares, tools, first aid kit and food). This may be a small backpack (e.g. your running vest or pack), or you can choose to use a cycling-specific bum bag or saddle/ tube bags. The choice is yours irrespective of whether using your own bike or one of our rentals; however you must carry the mandatory kit at all times.

Water/Kayak Kit

- ☐ *Recommended but not mandatory:* Pair of overshoes/ booties are useful for insulation and waterproofing
- ☐ *Recommended but not mandatory:* Wind/ waterproof leg cover is useful for comfort on these bike legs. This can be the same garment as you use for the mandatory waterproof leg coverer for run/ trek sections, for example
- ☐ Buoyancy aid, neoprene suit and boots, semi-dry jacket (cag), mittens, paddle and kayaks will be provided.
- ☐ You should dress in technical wicking undergarments and mid-layers. These can be the same ones you have used on the run stage, but for the kayak please remember you will be sitting stationary and you WILL get wet. Avoid cotton and use technical wicking fabrics. Pack some waterproofs too as you can switch into these if you get soaked in the semi-dry cag
- ☐ If you do have kayaking gear, (such as a cag), then please do bring these if you prefer to wear your own items.
- ☐ Flip flops or sandals
- ☐ Water carrying container – either daypack with bladder, soft-flask bottle or cycling bottle
- ☐ Dry bag medium size (approx.10l +). for your own dry gear (and food) in your own dry bag
- ☐ Dry bag small size: For phones and other personal items

Blister Care

- ☐ **Kinesiology tape (K-Tape)** [BUY HERE](#)
- ☐ **2 x sterile needles**
- ☐ **2 x scalpel blades**
- ☐ **Small pair of scissors** or penknife with scissors
- ☐ **Gauze swabs** (2 x packs of 5 swabs – used for drying/cleaning before applying tape)
- ☐ **Compeed blister plasters:** recommended not mandatory (personal preference)
- ☐ **Disinfectant solution**
- ☐ **Foot lube** (silicon based)
- ☐ **Rubbing alcohol** (used for drying feet and help prevent fungal infections)
- ☐ **Dry Bag:** to store all footcare in

[BUY BLISTER KIT SUPPLIES HERE](#)

Medical

- ☐ **Pad and bandage style dressing (large)**
- ☐ **Adhesive dressing – 1x medium and 1 x large**
- ☐ **1 x conforming bandage**
- ☐ **Dioralyte/rehydration sachets x 5**
- ☐ **Basic pain relief (Paracetamol)**
- ☐ **Any personal medications**
- ☐ **Over the counter antihistamine tablets**
- ☐ **Savlon tube (or other brand of antiseptic cream)**
- ☐ **Hand sanitiser**
- ☐ **Insect repellent**
- ☐ **After-bite cream**
- ☐ **Recommended: Triangular bandage, plasters and sudocrem/Vaseline for chaffing**

[BUY MEDICAL SUPPLIES HERE](#)

Other Kit

- ☐ **Sleeping bag**
- ☐ **Roll mat**
- ☐ **Casual clothing** for use in evenings and transit stages – no formal wear required
- ☐ **Personal toiletries** including any personal medication required
- ☐ **Power bank** for mobile phone
- ☐ **International plug adaptor**
- ☐ **Overnight bag:** Such as a duffel or rucksack – please use soft bags only (i.e. holdalls, duffels or rucksacks) and not hard suitcases. These are much easier for our crew to move during the event and hard suitcases can be damaged when being moved in vans and 4x4 vehicles. [BUY HERE](#)
- ☐ **Transition bag:** A smaller duffel, or a small rucksack or drybag. This can double up as your daypack from the foot stages, as you only need this bag on the bike and kayak stages.
- ☐ **Cash** in Argentine Pesos (can get at the airport in Buenos Aires)
- ☐ *Recommended:* General trekking trousers and robust outdoor footwear, given the type of destination
- ☐ *Recommended:* Towel – travel micro towel or full-size. [BUY HERE](#).
- ☐ *Recommended:* Multitool or penknife

☐ *Recommended:* Personal reading material, podcasts, eBooks, good playlists