

# New York: Source to City Mandatory Kit List

**The countdown is on!**

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

## Trekking & Mountain Stage

- Running rucksack/hiking backpack or other appropriate method of carrying your kit (10-20 litres recommended). [\*\*BUY HERE\*\*](#)
- Hydration bladder or bottle(s) with a minimum of 1.5 litre capacity. [\*\*BUY HERE\*\*](#)
- Trail running Shoes: i.e. running shoes with some grip.
- 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\*\*](#)
- Hat suitable to the conditions (a Rat Rag is OK). – [\*\*BUY HERE\*\*](#)
- Gloves (lightweight running gloves are OK). – [\*\*BUY HERE\*\*](#)
- Trail running/walking apparel – shorts, technical wicking tee/ base layer, long-sleeved wicking layer, mid-layer (e.g. micro fleece).
- Spare base and mid layers.
- Socks; consider neoprene and GoreTex, as well as warmer sport socks. Also consider a 2-sock system with a toed liner sock (e.g. Injinji) and an outer, cooler trekking sock. Our own Rat Race Merino socks are pretty good, too!
- Snacks (Min 1000kcal per day). – [\*\*BUY HERE\*\*](#)
- Trekking poles (optional but highly recommended for some of the mountain stages).
- Headtorch – waterproof to IPX7 standard. Minimum 150 lumens + spare batteries or second headtorch – [\*\*BUY HERE\*\*](#)
- Water filter: Whilst there is copious supply of fresh water from brooks and streams in the high mountain area, it is possible that water sources are contaminated. In order to prevent infection, a small personal water filter (or filter bottle) is required. Items such as the Katadyn BeFree is ideal.
- Survival bag - [\*\*BUY HERE\*\*](#)
- Whistle - [\*\*BUY HERE\*\*](#)
- GPS tracker - given to you at the event briefing. This should be put in the lid/outer pocket of your rucksack. Remember this must be returned at the end of the event.
- Reusable cup for hot and cold drinks. - [\*\*BUY HERE\*\*](#)
- Hand sanitiser.

- GPS device.
- Mobile phone and means of keeping it dry (e.g. small drybag or waterproof phone cover/ pouch).
- Power bank for mobile phone.

## Bike Stage

- Road bike (your own or hired).
- Cycling Helmet - All riders must bring their own cycle helmet irrespective of whether renting or using their own bike. This is a Rat Race standard policy across all challenges that we operate.
- Bike shoes and cleats (optional – rental bikes will be provided with flats but you may substitute with cleats as required).
- Cycling jersey.
- Cycling shorts.
- Cycling gloves.
- Water carrying capacity – minimum 1.5l. As with foot sections – bottles, soft flasks or bladder systems are all fine – or a combo.
- Bike hand-pump.
- Bike multi-tool.
- Bike puncture repair kit – to include spare inner tubes, slime (if you use it) or spare CO2 canisters.
- Set of bike lights – front and rear.

## Water Stage

- Buoyancy aid, paddle and kayak (double or single) will be provided.
- You should dress in waterproofs and technical wicking undergarments. These can be the same ones you have used on the run stage. Please remember you will be sitting stationary and WILL get wet. Avoid cotton and use technical wicking fabrics.
- If you do have kayaking gear, such as a cag, then please do bring these.
- Sandals, boat shoes or any permeable trainers are also useful for this stage.
- Gloves suitable for paddling – cycle gloves and neoprene gloves are good for this – Optional.
- A dry bag and/ or waterproof rucksack liner (or a selection of small and larger ones) will be essential to stow gear inside your boat to ensure it does not wet on the kayak.

Bottom line: Try and wear quick-drying gear or stuff you can get wet and then discard and change into other clothes. There will always be the option to access your support bag after this section but you should plan to be self-contained on the river itself.

## Road Running Stage

- Road running trainers
- All other requirements for this stage are covered in the sections above, but bring additional fresh clothing as you see fit.

## Personal Medical & Blister 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

## General

- Casual clothing for use in evenings and transit stages – you will be able to leave a 'second bag' or 'transition bag' in the support vehicles so you have warm/ spare/ casual/ dry clothes available when you interact with the support vehicles at pit stops, so you do not need to carry this with you the whole time – see below where we reference the 'vehicle bag'.
- General 'overnight' bag (holdall, duffel) for spare kit. Please go for a MAXIMUM size capacity of around 16 US Gal (60 litre) and no more than approx. 35 lbs (16kg) pls. We don't have unlimited carrying capacity.
- Towel – travel micro towel or full-size.
- Personal toiletries including any personal medication required.
- Multitool or penknife.

- Reading material.
- Charging cables for phone and other personal devices.
- Ear buds if light sleeper.