RAT RACE

EXTRAORDINARY ADVENTURES. EVERYDAY PEOPLE.

Journey to the End of the World

Mandatory Kit List

The countdown is on!

Time to get kitted out...

General

- [ ] Gaffa tape
- [ ] Watch
- [ ] Snacks/treats – enough to augment the pit stops for 10 days.
- [ ] Sunglasses – Cat 3 or better. BUY HERE
- [ ] Power pack
- [ ] Water carrying capacity of 1 litre minimum. BUY HERE
- [ ] Duffel for all luggage. (NO wheels) - maximum weight 23kg. BUY HERE.
- [ ] Backpack or bike bags sufficient to carry mandatory kit
- [ ] Personal First aid kit (See more details below)
- [ ] Vitamins
- [ ] Sun cream. BUY HERE.
- [ ] Lip Balm with SPF
- [ ] Small amount of Milton – for disinfecting water bottles
- [ ] Toothbrush
- [ ] Toothpaste
- [ ] Washbag
- [ ] Travel towel
- [ ] Shower gel
- [ ] Alcohol gel x2
- [ ] Wet wipes
- [ ] Talcum powder
- [ ] Comfy clothes for the evenings and travelling
- [ ] Fleece and other warm layers
- [ ] Down or synthetic Jacket
- [ ] Beanie. BUY HERE
- [ ] Thick gloves. BUY HERE
- [ ] Thermal top and leggings
- [ ] Waterproof Jacket. BUY HERE
- [ ] Waterproof Trousers. BUY HERE
- [ ] Underwear
- [ ] Socks. BUY HERE

- [ ] Trainers or boots for the evenings
- [ ] Flipflops or sandals – to air your feet
- [ ] Sunhat. BUY HERE
- [ ] Survival bag aka bivvy bag
- [ ] 2 x expedition evening meal and 2 x breakfasts

Sleeping Gear

- [ ] Sleeping bag
- [ ] Sleeping bag liner
- [ ] Sleeping mat
- [ ] Pillow
- [ ] Base layers / PJ's for sleeping if you easily become cold or have a poor sleeping bag
- [ ] Sleep mask & ear plugs
- [ ] Comfortable, breathable footwear for use around campsite (Oofos or Crocs are a good choice) □ Warm jacket & hat in case of cold weather

Cycling Phase

- [ ] Bike
- [ ] Bike box
- [ ] Cycling helmet
- [ ] GPS device with handle bar mount
- [ ] Cycling gloves x 2 (long and short)
- [ ] Cycling bibs/shorts (1 x long or have leg warmers, plus cycling shorts)
- [ ] Cycling jerseys
- [ ] Cycling Gilet
- [ ] Cycling Jacket
- [ ] Neck buff
- [ ] Spare batteries for lights
- [ ] High visibility vest or clothing item for tunnels etc
- [ ] Chamois cream

- [ ] Hydration bladder with backpack (optional)
- [ ] Bike shoes
- [ ] Socks x 1 per day
- [ ] Bar end Lights
- [ ] Head torch and spare batteries. BUY HERE

Bike Spares
(our minimum spec for mandatory spare bike kit)

- [ ] 4 x inner tubes suitable for the size of your tyre (carry 2 with you at all times when riding)
- [ ] Change of tyres – for the off-road section on day 2
- [ ] Tyre levers
- [ ] 1 x puncture repair kit (if running a tubeless set up, have a slime spare and repair kit)
- [ ] Peddle spanner
- [ ] Bike multitool
- [ ] Chain link remover
- [ ] Chain links x 2 – ensure they are for your specific bike chain
- [ ] Small pump
- [ ] 1 x gear cable
- [ ] 1 x brake cable
- [ ] Cable ties
- [ ] Rear Hanger suitable for your own bike
- [ ] Small bottle of oil
- [ ] An old rag and toothbrush for bike cleaning
- [ ] Bike lock
- [ ] Spare torch
- [ ] Front light
- [ ] Rear light

Personal Med Kit

- [ ] 1 x crepe roll bandage
- [ ] Gauze or similar absorbent dressing

- [ ] Small set of scissors
- [ ] Pain Killers (paracetamol)
- [ ] Steri-Strips
- [ ] Antiseptic (spray or cream)
- [ ] Assorted plasters
- [ ] Rubber gloves
- [ ] Prescribed medication
- [ ] Zinc oxide tape
- [ ] Compeed – various sizes
- [ ] Lube stick (silicone-based)
- [ ] Sudacrem

BUY MEDICAL SUPPLIES HERE.