RAT RACE

EXTRAORDINARY ADVENTURES. EVERYDAY PEOPLE.

Trans Andean Coast to Coast

Mandatory Kit List

The countdown is on!

Time to get kitted out...

RAT RACE

General

- [ ] Gaffa tape
- [ ] Ear plugs
- [ ] Watch
- [ ] Snacks/treats – enough to augment the pit stops for 10 days. **BUY HERE.**
- [ ] Additional food – oats/porridge for breakfast. Protein shakes, protein bars for post ride, see EEI for more info.
- [ ] 1 x expedition meal (1000 calories) & 1 x expedition breakfast (500 plus calories) – This is for day 4 evening and day 5 morning, see EEI for more info.
- [ ] Electrolytes and/or salt tablets. **BUY HERE.**
- [ ] Sunglasses – Cat 3 or better. **BUY HERE.**
- [ ] Power pack
- [ ] Foldable Cup. **BUY HERE.**

Hydration

- [ ] You need water carrying capacity for 2 litres of water minimum. This can be in any configuration you would like on your bike. For example, Water bottles or hydration bladders. **BUY HERE.**
- [ ] Water purification tablets

Baggage

- [ ] Duffel for all luggage (no wheels, no hard suitcases). **BUY HERE.**
- [ ] Small bag to act as a transition bag 15-20l

Sleeping

- [ ] Sleeping bag liner

Health

- [ ] Personal First aid kit (See more details below). **BUY HERE.**

- [ ] Vitamins (recommended)
- [ ] Sun cream (sweat resistant). **BUY HERE.**
- [ ] Lip Balm with SPF
- [ ] Small amount of Milton - for disinfecting water bottles

Hygiene

- [ ] Toothbrush
- [ ] Toothpaste
- [ ] Washbag
- [ ] Travel towel. **BUY HERE.**
- [ ] Shower gel
- [ ] Alcohol gel x2
- [ ] Wet wipes
- [ ] Talcum powder
- [ ] Nail brush

Clothing

- [ ] Casual clothes for the evenings and travelling
- [ ] Fleece/mid-layer. **BUY HERE.**
- [ ] 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**
- [ ] Swim wear

Cycling Phase

- [ ] Bike
- [ ] Cardboard bike box
- [ ] Cycling helmet
- [ ] GPS device with handlebar mount
- [ ] Cycling gloves x 2 (long and short)
- [ ] 3 x Padded cycling bibs/shorts (1 x long or have leg warmers, plus cycling shorts)
- [ ] 3 x Cycling jerseys
- [ ] Cycling Gilet
- [ ] Cycling Jacket
- [ ] Chamois cream
- [ ] Bike shoes
- [ ] Socks x 1 per day. **BUY HERE.**
- [ ] 1 x spare cleats
- [ ] Flat peddles (recommended)
- [ ] Trainers (recommended)
- [ ] Cooling vest or Evaporation vest (to be dunked in cold water) (Optional)

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Bike Spares

- [ ] 6 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 or correct sized hex/allen key
- [ ] Bike multitool
- [ ] Chain link remover
- [ ] Chain links x 2 – ensure they are for your specific chain
- [ ] Small pump
- [ ] 1 x gear cable - ensure they are for your specific bike
- [ ] 1 x brake cable - ensure they are for your specific bike (If applicable)
- [ ] 2 x spare spokes – ensure they are for your specific wheels
- [ ] Cable ties
- [ ] Rear Hanger suitable for your own bike
- [ ] Small bottle of oil
- [ ] An old rag and toothbrush for bike cleaning

Light

- [ ] Head torch and spare batteries
- [ ] Spare torch
- [ ] Front light
- [ ] Rear light
- [ ] Bar end Lights

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First Aid Kit (to be carried with you on the bike)

- [ ] 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

BUY FIRST AID KIT HERE