

6 - 9 September 2018

Strong Reliable Machines
Strong Reliable Support

BELL

Limited Edition
iSimangaliso
MTB Adventure Tour



KIT LIST

Obligatory Equipment

These items must be considered the bare minimum, and it is strongly recommended that riders ensure that they are fully prepared to deal with emergencies they may encounter. The following items must, however, be carried by the team during the race:

- NB: Riders must carry their, medical aid card, I.D, and credit card
- First Aid Kit – consisting of a minimum of:
 - Foil survival blanket
 - First Aid Dressings x 3 (Sizes 2, 3 and 4 recommended)
 - Adhesive first aid plasters x 5
 - Sun-block with a minimum SPF factor of 15
- Riders on specific personal medications are responsible for supplying and carrying such medication.
- At least 3 litres liquid capacity per rider.
- Multi-tool or bike repair tools.
- Tubeless tyres are a strict requirement and are not negotiable
- Mobile telephone (South Africa uses Dual Band GSM 900/1800 - this is the same as in Europe).
- You must ride with your phone ON at all times. We will supply an area to charge your phone, laptop, I pad etc. in the Rider Village.

Recommended Kit List (apart from compulsory items)

BIKE

- | | |
|---|---|
| <input type="checkbox"/> GPS | <input type="checkbox"/> Spoke key, spare spokes for non-standard sizes |
| <input type="checkbox"/> Tool set/ Multi tool | <input type="checkbox"/> Cable ties |
| <input type="checkbox"/> Puncture repair kit | <input type="checkbox"/> Chain breaker |
| <input type="checkbox"/> Gas bombs (8) & pump adaptor | <input type="checkbox"/> Pump shock pump (1 per team) |
| <input type="checkbox"/> Tyre levers | <input type="checkbox"/> Spare set of disc pads (for camelback) |
| <input type="checkbox"/> Spare tube with slime | <input type="checkbox"/> Magic or quick link |
| <input type="checkbox"/> Spare rear drop-out | <input type="checkbox"/> Spare valve (tubeless) |
| <input type="checkbox"/> Spare tyres fold up (if space) | <input type="checkbox"/> Small bike wash kit |
| <input type="checkbox"/> Water bottles (2) | |
| <input type="checkbox"/> Camelback | |
| <input type="checkbox"/> Duct tape | |
| <input type="checkbox"/> Chain lube | |



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CLOTHING

- Cycling shorts and shirts (4 sets)
- Cycling shoes
- Helmet
- Gloves (2-3 pairs)
- Socks (4 pairs)
- Rain jacket
- Sweatband (if required)/ buff
- Sunglasses
- Arm warmers
- Thermal jacket

PERSONAL

- Elastoplast tape
- Rigid strapping
- Chamois/ bum cream
- Zambuk/ lip ice
- Sunblock
- Bio-degradable detergent
- Small container massage oil
- Insulation tape
- Sheet for mattress (if standard tenting)
- Towels (if tenting)
- Ziploc bags
- Mountain paper (loo White Gold)
- Headlight or torch (to find your tent after dinner)
- Bike lock (big enough to lock your bikes together)

NUTRITION

- Energy drink powder
- Assortment of energy bars/ snacks
- GU/ Energy Gels
- Rehydrate

MEDICATION

- Tick repellent
- Multi vitamins
- Cramping tablets
- Panado
- Nausea tablets
- First aid kit (as per race rules)
- Anti-histamines



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