



# KIT List

## 1. HELMET (NA)

A helmet must be worn at all times when on the bike.

## 2. BOOTS (RECOMMENDED)

Sturdy, over the ankle, boots are good. Off-road boots are highly recommended as they offer the best lower leg protection due to a sturdier construction.

## 3. GLOVES (RECOMMENDED)

## 4. SUNGLASSES (ESSENTIAL)

## 5. Include a sufficient supply of any personal medication. (ESSENTIAL)

## 6. SUN BLOCK (ESSENTIAL)

A high factor is strongly recommended.

## 7. SCARF / BANDANA (RECOMMENDED)

## 8. HYDRATION PACK (RECOMMENDED)

This is the best way to carry drinking water; the pack is carried in a purpose-made rucksack and the water fed through a drinking tube. This enables the rider to keep hydrated without the need to remove the helmet. The rucksack can also be used to carry small items of kit.

## 9. TOWEL

## 10. SWIMWEAR

## 11. TORCH (A head torch is very useful.)

## 12. WASH BAG (for soiled/wet clothes)