

Avis Van Rental packing list for the Old Mutual joBerg2c

You will be receiving a numbered bag which is the only bag you will be allowed to load on the journey . Dimensions of this are: 84cm (L) x 36cm (H) x 39cm (W). Pack wisely. Most riders over pack. You have to carry your own bag. Be kind to yourself and pack smart. Just like your bike you can shave weight.

<u>Spares and Tools</u>	<u>Clothing</u>
NB! make sure your bike had tubeless tyres with slime	Cycling clothes (3 to 9 sets)
Multi tool with a chain breaker	Your own energy drink preference
Chain links – for 1 x11, 2 x10 or 3 x 9 depending on your bike	Shoes and extra pair of shoes with cleats
Duc Tape – a little bit of duc tape could go a long way	Helmet
Puncture repair kit with gator and plugs	Gloves (2-3 pairs)
Gas bombs has a negative effect on your tubeless slime	Undershirts (3)
Pump	Sweatband (if required)/Buff
Tyre levers	Leggings
Spare tubes with slime	Socks (3 - 9 pairs)
Spare valve (tubeless)	Sleeves
Extra derailleur hanger that fits your bike	Rain jacket
Water bottle	Sunglasses (2 lenses if possible)
Camelbak and bladder	Swimming costume (compulsory sea swim on day 9)
Chain lube	Jeans, track suite, warm jacket/sweater, beanie
Spoke key	Hat, t-shirts, shorts
Spare spoke (if you have unusual spokes, lengths etc.)	
Cable ties	<u>Medicine</u>
Shock pump (1 per team)	Anti chaffing cream
Bike lock (big enough to lock your bikes together)	Bum cream (for saddle sores - baby bum cream)
Spare set of disc pads – put these in camelback	Multi vitamin
	Cramping tablets
<u>General</u>	Panado / Myprodol
Ziploc bags one big one for each day	Rehydrates
"Mountain paper" (loo paper)	Cold and Flu tablets
Headlight or torch – to find your tent after dinner	Nausea tablets
Chamois/bum cream	Small First Aid kit
Sunblock	Anti-histamines
Zambuk/Lipice	Diarrhea tablets
Camera	Lip ice
Bio-degradable washing powder for kit	
Earplugs	<u>Mandatory</u>
Sandals to shower in	Character
Sheet for the mattress	Sense of humour
Sleeping bag (minus 8 rating)	
Pillow	
Towel	
Small toiletry bag (deo, toothpaste, shampoo, soap etc.)	
Wet wipes	
Hand mirror	
Credit card (medical emergency) and cash (for bike shops)	
Cellphone charger (labelled)	
Shoe bag	