

# KIT LIST FOR TRANS ANDEAN 2024

Here's a rundown.

*Note: All items are mandatory, unless it says recommended, where they are, well, recommended.*

## **General**

- Gaffa tape
- Ear plugs
- Watch
- Snacks/treats – enough to augment the pit stops for 10 days
- Sunglasses – Cat 3 or better
- Power pack

## **Water**

- 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

## **Carrying**

- Duffel for all luggage
- Small bag to act as a transition bag

## **Sleeping**

- Sleeping bag liner

## **Health**

- Personal First aid kit (See more details below)
- Vitamins (recommended)
- Sun cream (sweat resistant)
- Lip Balm with SPF
- Small amount of Milton - for disinfecting water bottles

## **Hygiene**

- Toothbrush
- Toothpaste
- Washbag
- Travel towel
- Shower gel
- Alcohol gel x2
- Wet wipes
- Talcum powder
- Nail brush

## **Clothing**

- Casual clothes for the evenings and travelling
- Fleece
- Down or synthetic Jacket
- Beanie
- Thick gloves

- Thermal top and leggings
- Waterproof Jacket
- Waterproof Trousers
- Underwear
- Socks
- Trainers or boots for the evenings
- Flipflops or sandals - to air your feet
- Sunhat
- Outfit for a meal out/celebration

### **Cycling Phase**

- Bike
- 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
- High visibility vest or clothing item for tunnels etc
- Chamois cream
- Bike shoes
- Socks x 1 per day
- 1 x spare cleats
- Flat peddles (recommended)
- Trainers (recommended)

### **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
- 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

**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
- Lube stick
- Sudacrem