



## MANDATORY KIT LIST: PATAGONIA GLACIER TO GLACIER

All of the kit on this list is MANDATORY unless it is listed as recommended where it is, well recommended!

### RUNNING/TREKKING KIT (MANDATORY):

- Trail running footwear
- Trail running apparel – shorts, technical wicking tee/ base layer, long-sleeved wicking layer, mid-layer (e.g. microfleece)
- Windproof and/or waterproof upper body AND leg cover – [BUY HERE](#)
- Buff or similar neck gaiter (you will be issued a Rat Rag at Registration)
- Spare base and mid layers
- Good quality socks – [BUY HERE](#)
- Blister care kit – see below for mandatory and recommended
- 1 person bivvy bag (not survival blanket, MUST be a bag) – [BUY HERE](#)
- Personal First Aid kit – see below for mandatory and recommended items
- Running day pack to carry spare clothing, bivvy bag, first aid kit, spare food. Recommend 15-30l – [BUY HERE](#)
- Hydration system for pack – either bladder or bottle to be secured to pack. Minimum of 2l carrying capacity at all times – [BUY HERE](#)
- Cap or wide-brimmed sun hat – [BUY HERE](#)
- Collapsible or lightweight mug or cup (for hot drinks at camp and at pit stops) – [BUY HERE](#)

### RECOMMENDED:

- Running tights
- Trekking poles

### CYCLING KIT

- Bike: Mountain bike, hybrid, gravel or cyclocross – (if you're not hiring from us)
- Bike box or bag (box recommended), if transporting your own bike
- Helmet – You must provide your own even if renting a bike
- Water bottles: Recommended 2 x 750ml bottles (for all riders, rental or own bike users)
- Tools – to comprise a minimum of: Cycling multitool, pedal spanner and chain link removal tool. If you are hiring, we will provide basic tools but we advise you bring multitool and handpump
- Spare parts – as outlined in the section above (if you're not hiring from us)

- Puncture repair kit (or slime if you are using that) if you're not hiring from us
- Your own pedals if you wish to use them (rentals will be provided with flat pedals)
- Cycling footwear (choose to wear cycling shoes and use your own peddles or use robust trainers if using our rental bikes with flat pedals)
- Cycling gloves. 1 pair if mandatory. Recommended: Spare pair of full-finger length gloves in case of wet/ windy weather. Neoprene is very good for such conditions
- Full length upper body and leg cover suitable for cycling
- Wind/ waterproof upper garment
- Spare cycling clothing in case you get drenched
- Good quality socks
- Bag to contain mandatory kit (including waterproofs, spares, tools, first aid kit and food). This may be a small backpack (e.g. your running vest or pack), or you can choose to use a cycling-specific bum bag or saddle/ tube bags. The choice is yours irrespective of whether using your own bike or one of our rentals; however you must carry the mandatory kit at all times.

### **RECOMMENDED:**

- Pair of overshoes/ booties are useful for insulation and waterproofing
- Wind/ waterproof leg cover is useful for comfort on these bike legs. This can be the same garment as you use for the mandatory waterproof leg coverer for run/ trek sections, for example

### **WATER/KAYAK KIT**

- Buoyancy aid, neoprene suit and boots, semi-dry jacket (cag), mittens, paddle and kayaks will be provided
- You should dress in technical wicking undergarments and mid-layers. These can be the same ones you have used on the run stage, but for the kayak please remember you will be sitting stationary and you WILL get wet. Avoid cotton and use technical wicking fabrics. Pack some waterproofs too as you can switch into these if you get soaked in the semi-dry cag
- If you do have kayaking gear, (such as a cag), then please do bring these if you prefer to wear your own items.
- Flip flops or sandals
- Water carrying container – either daypack with bladder, soft-flask bottle or cycling bottle
- Dry bag medium size (approx. 10l +). for your own dry gear (and food) in your own dry bag
- Dry bag small size: For phones and other personal items

### **PERSONAL FIRST AID & FOOTCARE KIT**

Our minimum spec for mandatory medical kit (to be carried at all times) is as follows:

- 1 x triangular bandage
- 1 x crepe roll bandage
- Gauze or similar absorbent dressing
- Small set of scissors
- Pain Killers (paracetamol)
- Antiseptic (spray or cream)
- Assorted plasters
- Rubber gloves

- Prescribed medication
- Zinc oxide tape
- Compeed – various sizes

## **GENERAL KIT**

- **Sleeping bag**
- **Roll mat**
- Casual clothing for use in evenings and transit stages – no formal wear required
- Personal toiletries including any personal medication required
- Power bank for mobile phone
- International plug adaptor
- Overnight bag: Such as a duffel or rucksack – please use soft bags only (i.e. holdalls, duffels or rucksacks) and not hard suitcases. These are much easier for our crew to move during the event and hard suitcases can be damaged when being moved in vans and 4x4 vehicles
- Transition bag: A smaller duffel, or a small rucksack or drybag. This can double up as your day pack from the foot stages, as you only need this bag on the bike and kayak stages
- Some cash in Argentine Pesos (can get at the airport in Buenos Aires)

## **RECOMMENDED:**

- General trekking trousers and robust outdoor footwear, given the type of destination
- Towel – travel micro towel or full-size
- Multitool or penknife
- Personal reading material, podcasts, eBooks, good playlists