Avis Van Rental packing list for the joberg2c

Bag dimensions are: 100cm (L) x 36cm (H) x 39 (W).

Most riders over pack, pack wisely. You have to carry your own bag, so be kind to yourself and pack smart. Just like your bike you can shave weight.

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| Spares and Tools  | Clothing  |
| NB! make sure your bike had tubeless tyres with slime  | Cycling clothes (5 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)  |
| Camelback and bladder  | Swimming costume (compulsory sea swim on day 9)  |
| Chain lube  | Jeans, track suite, warm jacket, jersey, beanie  |
| Spoke key  | Hat, t-shirts, shorts  |
| Spare spoke (if you have unusual spokes, lengths etc.)  |  |
| Cable ties  | Medicine  |
| 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  |
| General  | 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/Lipbalm | Diarrhoea tablets  |
| Camera  | Lip ice  |
| Bio-degradable washing powder for kit  |  |
| Earplugs  | Mandatory  |
| 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)  |  |
| Cell phone & GPS charger (labelled)  |  |
| Shoe bag  |  |