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 |  |