

Deloitte RAB 2019

Recommended Kit List

This is a suggested list of kit to bring with you to ensure that you are comfortable and prepared for life in the basecamps and out on the road. Please also use a healthy dose of common sense when you are packing – it is not a fashion show, but you need to be prepared for all weathers throughout the day and in the evening when it may get chilly.

Important points to remember for all daily riders:

- The maximum weight for your one piece of personal luggage is 10kg.
- Please do not bring your laptop with you.
- It's your responsibility to insure your personal belongings to a level of cover that's appropriate for their value and location.
- We will provide you with a baggage label. It is your responsibility to ensure that this label is securely attached to your bag for the duration of the event. We will provide you with a cable ties for this.
- We highly recommend you packing in a waterproof bag.

For those staying overnight only:

- We will provide you with a clean bath towel for showering.
- We will provide you with a sleeping mat at registration, which you will keep with you until you leave the Ride.
- If your main bag is large enough to fit the sleeping mat in then it will help with quick turnaround at baggage collection and the weight is allowed on top of your 10kg allowance.
- Any rider who does not hand a sleeping mat back to us on departure will be charged £50.
- It is imperative that you bring a headtorch (and spare battery) with you, as it does get dark in the evenings. Whilst we will have lighting in the base camps, it is impossible to illuminate the area completely. The camping areas may be a little darker than the main camp area and we will be turning off the lights in the tented zones around 11pm until 5.30am.

NB: The packing list below is based on a rider completing one day stage only. If you are with us for multiple stages you will need to add additional items accordingly.

The items highlighted in black bold are for those staying overnight with us only.

	Quantity	Item	Packed?
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In Camp	2	Underwear	
	2	Pair of socks (non-cycling)	
	1	Birkenstocks/ Flip Flops/ Crocs	
	1	Trail Shoes / Trainers	
	1	Pair of tracksuit bottoms/ comfy trousers	
	1	T-Shirt	
	1	Base layer fleece	
	1	Warm fleece or Hoody	
	1	Beanie	
	1	Head torch & spare battery (essential)	
	1	Washbag	
	1	Mobile phone & charger (label with name/number)	
	1	Midge head net (Scotland stages of the Ride)	
	1	Alarm clock/ watch	
	1	Camera	
	1	Wallet (with cash for bike parts or occasional beer)	
	2	Plastic bags for wet kit/ freezer bag for phone, wallet	
	1	3 or 4 season sleeping bag	
	1	Warm jacket for the evening (e.g. down)	
	1	Cycling shorts	
On the Bike	1	Bike Lights MANDATORY (minimum LED strength)	
	1	Bike helmet MANDATORY	
	1	Cycling tops	
	1	Waterproof cycling jacket	
	1	Windproof cycling jacket	
	1	Long sleeved cycle jersey	
	1	Cycling gilet	
	1	Pair of cycling socks	
	1	Arm/ Leg warmers	
	1	Bike computer & charger (labelled with your name/ rider number) not compulsory	
	1	Bike shoes (& waterproof overshoes)	
	2	Bike gloves (warm & cold weather)	
	1	Cycle glasses/ Sunglasses	
	1	Buff/ Skullcap/ Headband	
	1	Chamois cream/Vaseline	
	1	Long sleeved base layer (to cycle in)	

	2	Bottle Cages attached to your bike	
Bike Repair Kit	1	Multi Tool – correct Allen keys for your bike	
	1	Set of tyre leavers	
	1	Mini bike pump	
	3	Spare inner tubes	
	2	Chain super links	
	1	Bike/Chain lube	
Wash bag	1	Sun cream	
	1	Insect repellent	
	1	Baby wipes	
	1	Earplugs	
	1	Eye mask	
	1	Personal medication	
	1	Personal first aid kit (incl. paracetamol, ibuprofen)	
	1	Pack of Tissues	
	1	Personal toiletries	

Lights and a Helmet

Helmets are mandatory for all riders.

You will not be allowed to cross the start line without wearing one. No helmet. No ride. No excuses.

We may come across bad weather on the route. The key thing is to be prepared for all circumstances.

Bike lights are mandatory in case of bad weather. There are plenty of very lightweight bike light options available. High-vis slap wraps are also advised as a great way to be seen.

Money

It's worth considering to bring a sum of cash or your cards to pay for any unforeseen bike spares and any other treats you may crave along the way: a cold beer at the end of the day, an ice cream or coffee, or perhaps an extra cycling jersey or some other merchandise.

We recommend you bring at least £50 emergency funds in cash from the beginning to ensure all eventualities are covered. You also need to ride each day with cash and your mobile with you. There will be an opportunity to visit cash points close to the basecamps, and of course on the route, but this facility is limited, particularly in Scotland.

Top Packing Tips for Camping

(Applicable only to those staying overnight)

Please find below some of our top suggestions of what to bring to make the most of your time under canvas:

- Purchase a head torch – these will be essential for when it gets dark in the evenings. Whilst we will have lighting in the basecamps, it is impossible to illuminate the area completely. The camping areas may be a little darker than the main camp area and we will be turning off the lights in the tented zones around 11pm until 5.30am.
- Stuff a pillowcase full of clothes and use as a pillow.
- Don't forget to pack insect repellent – especially useful in Scotland.
- Earplugs and eye masks are invaluable.
- Bring a couple of plastic bags to keep your kit dry.
- Bring enough warm clothes for the evening, including a beanie or warm hat.