

# 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 evenings when it may get chilly and can be wet.

### Important points to remember:

- The maximum weight for your one piece of personal luggage is 16kg, unless you have purchased extra luggage with European Bike Express.
- You will need to bring your own camping mat or purchase one from us. If you wish to purchase one from us, you will be sent the link to purchase this in the monthly comms.
- If your main bag is large enough to fit your sleeping mat in then it will help with a quick turnaround at baggage collection.
- It is imperative that you bring a head torch (and spare batteries) with you, as it gets dark in the evenings.
- It is your responsibility to insure your personal belongings (including your bike) to a level of cover that's appropriate for their value and location.
- We will provide you with a luggage label. You must ensure that this label is securely attached to your bag for the duration of the event. We will provide you with cable ties for this.
- If you are a Plus package rider, we will provide you with an extra luggage label and cable tie for your day bag.

N.B.: The packing list below is based on a rider who will book the Ride's laundry service. Please see below for more information on the laundry service.

	Item	Quantity	Packed? (☐)
<b>Mandatory</b>	<b>Bike helmet</b>	1	
	<b>Front and back lights (minimum LED strength)</b>	1	
	<b>3 or 4 season sleeping bag - everyone</b>	1	
	<b>Waterproof bag or waterproof liners/dry bags to use inside your main bag</b>	1	
	<b>Camping mat (if you are not buying one from us at Land's End) – Plus Riders Excluded</b>	1	
	<b>Head torch &amp; spare battery</b>	1	
<b>Recommended In basecamp</b>	Underwear	10	
	Pajamas	1	
	Pair of socks (non-cycling)	5	
	Birkenstocks/ flip flops/ crocs	1	
	Waterproof shoes / trainers or short wellies (in case of wet weather)	1	
	Pair of tracksuit bottoms/ comfy trousers	2	
	T-shirt	4	
	Base layer fleece	1	
	Warm fleece or hoody	2	
	Warm hat	1	
	Wash bag	1	
	Mobile phone & charger (label with name and rider number)	1	
	Midge head net for Scotland	1	
	Alarm clock/ watch	1	
	Wallet (with cash for bike parts or the occasional drink)	1	
	Plastic bags/ dry bags for wet kit/ freezer bag for phone, wallet	2	
	Warm jacket for the evening (e.g. down jacket) - Top tip, this could double up as a pillow if you bring a pillow case!	1	
<b>On the bike</b>	Sports bras (for women)	3	
	Cycling tops	3	
	Cycling shorts	3	
	Waterproof cycling jacket	1	
	Long sleeved cycle jersey	1	
	Cycling gilet	1	
	Pair of cycling socks	9	
	Arm/ leg warmers	1	
	Bike computer & charger (label with name/ rider number) <b>N.B. not compulsory</b>	1	
	Bike shoes	1	
	Waterproof overshoes or waterproof socks	1	
	Spare cleats and/or cleat covers	1	
	Bike gloves (warm & cold weather)	2	

	Cycle glasses/ sunglasses	1	
	Buff/ skullcap/ headband	1	
	Chamois cream/Vaseline	1	
	Long sleeved base layer (to cycle in)	2	
	Bottle cages attached to you'r bike	2	
<b>Bike repair kit</b>	Multi-Tool – correct allen keys for your bike	1	
	Set of tyre levers	1	
	Mini bike pump	1	
	Spare inner tubes	3	
	Chain super links	2	
	Bike/chain lube	1	
	Rear mech hanger	1	
	Spokes	5	
<b>Wash bag</b>	Sun cream	1	
	Insect repellent (essential for Scotland – we recommend Avon Skin So Soft spray)	1	
	Earplugs	1	
	Eye mask	1	
	Personal medication	1	
	Personal first aid kit (incl. paracetamol, ibuprofen)	1	
	Pack of tissues	2	
	Personal toiletries (ideally environmentally friendly)	1	
<b>Wet weather gear</b>	Waterproof bag	1	
	Waterproof jacket (thin shell is fine)	1	
	Waterproof trail shoes/ short wellies	1	
	Waterproof trousers (just in case)	1	

We recommend **preparing for wet weather**. Even if it turns out to be completely dry, it is always better to be prepared just in case. Therefore, ensure you bring the above in the 'Wet weather gear' section.

It is also likely to get very cold in Scotland, so please bring warm layers for when in the basecamps.

## Lights and helmets

**Helmets are compulsory for all riders.** No helmet. No ride. No excuses.

**Bike lights are compulsory for all riders,** in case of bad weather or starting/finishing in the dark. There are plenty of very lightweight options available and so no excuses for not having them!

## Money

We advise bringing a sum of cash or your cards to pay for any unforeseen bike spares en route and any other treats you may crave along the way.

You also need to ride each day with cash and/or payment card and your mobile on you. Bike parts will need to be paid for at the time of repair.

## Laundry Service

If you wish to book laundry, go to [www.myevents.active.com](http://www.myevents.active.com), find the relevant event and click 'purchase items'.

For more information on this year's laundry service, please [click here](#).

## Top Tips for Camping

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

- A head torch is compulsory, so don't forget this, but have you thought about a head torch within a warm hat? You can buy a hat that has a head torch built in, so that's 2 in 1! 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 from approx 11pm until 5.30am.
- Stuff a pillowcase full of clothes and use as a pillow. If you bring a down jacket, this can double up as a pillow.
- Make sure your bag is a heavy duty waterproof bag and you have plenty of bin liners to put dirty/wet kit in until you get a chance to wash it.
- Don't forget to pack insect repellent – especially for Scotland. Avon Skin So Soft is what we recommend, and is a lot nicer than repellants full of DEET!
- Earplugs and eye masks are invaluable.
- Bring enough warm clothes for the evening, including a warm hat.
- If it has been raining close to the event, the sites can be wet underfoot and also can get a bit muddy. A pair of waterproof shoes or short wellies are therefore highly recommended. Have a look at the forecast, not just at the start but at each basecamp location in the lead up.
- Take your toothbrush with you to breakfast – this means you can brush your teeth straight from breakfast without having to go back to your tent first.

## Packing - what NOT to bring

We really recommend that you don't bring these items with you, as they're not necessary and will take up space in your bag.

- **Towel** – you will be provided with a fresh towel each day.

- **Additional food** – do NOT use up your valuable luggage space with spare cereal bars and other food. ALL food and sports nutrition is provided on the event and there will be plenty of snack bars/ sweets etc. that you can take from pit stops to fuel you throughout the day.

If you have any dietary requirements that you haven't told us about, please email us on [info@rideacrossbritain.com](mailto:info@rideacrossbritain.com) as soon as you can. If you've told us already about your dietaries, we'll be providing food for you so there will be plenty of supplies you can eat.

- **Sports nutrition** – We provide HIGH5 sports nutrition on the event. Please follow this link to see what products you will receive: <https://bit.ly/2KztK24>

However if you are used to training on a different product and would prefer this you can bring your own.

- **Water bottles** – you will be provided with 2 x 750ml HIGH5 bottles at the start of the event.
- **Jeans** – Deloitte RAB is not a fashion show. You will want to be comfy and dry in the evenings and jeans take up room and are difficult to dry if it is wet, so leave them at home!
- **Trainers** – the same rule applies for trainers as with jeans. They are slow to dry and will smell out your kit bag if they get wet. Let your feet breathe in the evenings and opt for flip-flops.