**KIT LIST FOR TRans ANDEAN 2025**

Here’s a rundown.

**General**

* Gaffa tape
* Ear plugs
* Watch
* Snacks/treats – enough to augment the pit stops for 10 days
* Additional food – oats/porridge for breakfast. Protein shakes, protein bars for post ride.
* Electrolytes and/or salt tablets
* Sunglasses – Cat 3 or better
* Power pack
* Foldable Cup

**Water**

* You need water carrying capacity for 2 litres of water minimum. This can be in any configuration you would like on your bike. For example, Water bottles or hydration bladders
* Water purification tablets

**Carrying**

* Duffel for all luggage (no wheels, no hard suitcases)
* Small bag to act as a transition bag 15-20l

**Sleeping**

* Sleeping bag liner

**Health**

* Personal First aid kit (See more details below)
* Vitamins (recommended)
* Sun cream (sweat resistant)
* Lip Balm with SPF
* Small amount of Milton - for disinfecting water bottles

**Hygiene**

* Toothbrush
* Toothpaste
* Washbag
* Travel towel
* Shower gel
* Alcohol gel x2
* Wet wipes
* Talcum powder
* Nail brush

**Clothing**

* Casual clothes for the evenings and travelling
* Fleece
* Down or synthetic Jacket
* Beanie
* Thick gloves
* Thermal top and leggings
* Waterproof Jacket
* Waterproof Trousers
* Underwear
* Socks
* Trainers or boots for the evenings
* Flipflops or sandals - to air your feet
* Sunhat
* Swim wear

**Cycling Phase**

* Bike
* Bike box
* Cycling helmet
* GPS device with handlebar mount
* Cycling gloves x 2 (long and short)
* 3 x Padded cycling bibs/shorts (1 x long or have leg warmers, plus cycling shorts)
* 3 x Cycling jerseys
* Cycling Gilet
* Cycling Jacket
* Chamois cream
* Bike shoes
* Socks x 1 per day
* 1 x spare cleats
* Flat peddles (recommended)
* Trainers (recommended)
* Cooling vest or Evaporation vest (to be dunked in cold water) (Optional)

**Bike Spares**

* 6 x inner tubes suitable for the size of your tyre (carry 2 with you at all times when riding)
* Change of tyres - for the off-road section on day 2
* Tyre levers
* 1 x puncture repair kit (If running a tubeless set up, have a slime spare and repair kit)
* Peddle spanner or correct sized hex/allen key
* Bike multitool
* Chain link remover
* Chain links x 2 – ensure they are for your specific chain
* Small pump
* 1 x gear cable - ensure they are for your specific bike
* 1 x brake cable - ensure they are for your specific bike (If applicable)
* 2 x spare spokes – ensure they are for your specific wheels
* Cable ties
* Rear Hanger suitable for your own bike
* Small bottle of oil
* An old rag and toothbrush for bike cleaning

**Light**

* Head torch and spare batteries
* Spare torch
* Front light
* Rear light
* Bar end Lights

**First Aid Kit (to be carried with you on the bike)**

* 1 x crepe roll bandage
* Gauze or similar absorbent dressing
* Small set of scissors
* Pain Killers (paracetamol)
* Steri-Strips
* Antiseptic (spray or cream)
* Assorted plasters
* Rubber gloves
* Prescribed medication
* Zinc oxide tape