

# What to Pack

## Riding gear

**Tip:** Sign up for the rider laundry service and you're good to go.

| Item                  | Packed |
|-----------------------|--------|
| 3 x Cycling tops      |        |
| 3 x bibs              |        |
| 3 x under layer vests |        |
| 3 x arm sleeve packs  |        |
| 3 x pairs of socks    |        |
| MTB shoes             |        |
| Helmet                |        |
| Chamois cream         |        |
| Riding sunglasses     |        |

## Clothing (off the bike)

**Tip:** Don't pack outfits; take items that work well with a variety of things. Also, pack items that can roll rather than need folding (less creasing).

| Item                                                                      | Packed |
|---------------------------------------------------------------------------|--------|
| Tracksuit pants                                                           |        |
| Long pants                                                                |        |
| 2 x pairs of shorts                                                       |        |
| 5 x T-shirts                                                              |        |
| 2 x hoodies                                                               |        |
| 1 x warm jacket                                                           |        |
| Shoes (1x pair of closed shoes/trainers; 1x pair of flip flops)           |        |
| Underwear                                                                 |        |
| Cap                                                                       |        |
| Sunglasses                                                                |        |
| Personal medical kit (including an antihistamine, Mosquito repellent etc) |        |
| Sunblock                                                                  |        |

## Nutrition

**Tip:** Pack your daily nutrition into ziplock bags (please recycle these), as tubs can take up a lot of space. Work out exactly how much you will need per stage and separate this beforehand. This goes for the number of scoops you use per day for your drinks and recovery; for the gels, and bars too.

| Item                  | Packed |
|-----------------------|--------|
| 21 Gels (3 per stage) |        |
| 16 Bars (2 per stage) |        |
| Nutritional drink     |        |
| Recovery drink        |        |
| 6 x bottles           |        |

## Extras

**Tip:** Almost anything you don't want to carry with you can be bought at the Absa Cape Epic Merchandise store.

| Item                                                          | Packed |
|---------------------------------------------------------------|--------|
| Pillow                                                        |        |
| Sleeping bag                                                  |        |
| Single mattress sheet                                         |        |
| Laundry bag                                                   |        |
| Tools (including duct tape, cable ties and multitool)         |        |
| Headlamp                                                      |        |
| Charging Cables                                               |        |
| Power Bank                                                    |        |
| 2 x combination locks (1 for SCICON Rider Bag and 1 for tent) |        |
| Toiletries                                                    |        |
| Ear plugs                                                     |        |