



HILLARY CHALLENGE GEAR LIST

INDIVIDUAL	✓	TEAM	✓
Numerous layers of warm clothes		Comprehensive First Aid kit	
1 x windproof/waterproof raincoat or parka with hood		8 x Mountain bikes	
1 x long sleeve polypro or woollen base layer top		1 x bicycle repair and puncture kit, including spare tubes and pump	
1 x long john's/pants. Polypro or woollen base layer		8 x safety approved mountain biking helmets	
1 x short/tights for racing		2 x compasses	
1 x warm hat/buff		2 x watches	
1 x polypro or wool gloves		2 x pencils	
2 litres of water (minimum)		2 x charged up cellphones (in waterproof bag)	
1 x pack to carry items		2 x whistles	
1 x running/trail shoes		2 x headtorches	
Energy snacks or bars		2 x survival blankets (thin silver ones)	
Personal medication eg. Inhalers, Bee sting pills etc		2 x High Vis vests (for front and rear members on MTB challenge)	

NOTES:

MOUNTAIN BIKES:

Please ensure the brakes and gears work – if officials deem the bikes unsafe you will not be allowed to ride them. No e-bikes allowed.

FIRST AID KIT:

Minimum requirements – 50cm strapping tape for ankles/knees, painkillers, 2 x large crepe bandages (minimum 4cm width), 1 x tri-angular bandage, 6 x non-adherent dressing or gauze pad, 6 x plasters.

CELLPHONES:

To be used only in case of emergency – ensure they are charged, and ideally on different networks.