

TRANS BAVIAANS



THE TOUGHEST TEAM SINGLE STAGE MTR RACE IN THE WORLD

Trans Baviaans Check List			
Key:	Weather Dependant -WD	Own Discretion - OD	Check Point - CP
Item		Location	Checked
Bicycle			
• Bearings & Bushings		Checked Pre-Race	
• Drivetrain & shifting		Checked Pre-Race	
• Tyres & sealant		Checked Pre-Race	
• Brakes & brake pads		Checked Pre-Race	
Tools			
• Multi-tool with chain breaker		Carry on you	
• CO ₂ adapter & bombs		Carry on you	
• Pump		Carry on you	
• Spare tube		Carry on you	
• Tubeless repair kit		Carry on you	
• Quick link		Carry on you	
• Cable ties & Duct tape		OD/CP #4	
Light			
• Handle bar light & Battery (Charged)		Carry on you	
• Tail light (Charged or new batteries)		Carry on you	
• Headlamp (Charged or new batteries)		CP #4	
• Spare battery (if applicable)		OD/CP #4	
Apparel (Final decision on race day)			
• Helmet		Wear	
• Cycling shoes & socks		Wear	
• Bib shorts		Wear	
• Cycling top		Wear	
• Long finger gloves		Wear	
• Light base layer		Wear	
• Cold weather base layer		OD/ CP #4	
• Cycling windbreaker/Gilet		WD	
• Waterproof jacket		WD	
• Buff		Carry on you	
Nutrition			
• Bars		OD	
• Gels (if applicable to you)		OD	
• Whole foods		OD	
• Hydration/Sports drink		OD	
• 2 x Bottles/hydration pack		Carry on you	
• Spare bottles		OD/CP #4	
Emergencies			
• Space blanket		Carry on you	
• Pain killers, Cramp blockers & Imodium		OD	
• First aid kit		OD	
• Wet wipes		OD	
• Hand sanitizer		OD/CP #4	
Electrics			
• GPS/Cycle Computer (Charged)		Carry on you	
• Cell Phone (In flight mode to extend battery life)		Carry on you	
• Power bank		OD	