

# KIT INFORMATION

## Race the Sun Isle of Wight

Having the right clothing and kit for the challenge will play an important role in your ability to complete it successfully, safely and comfortably. Some items of equipment and clothing are **ESSENTIAL**. **Your team will not be able to participate if you do not have them**, everything else is recommended as a basic minimum.

### **Clothing for cycling**

cycling shorts & cycling vest  
cycling shoes/trainers etc.  
fleece or warmer outer layer  
breathable waterproof jacket  
At least 1 Hi-Vis item - **ESSENTIAL**  
cycling helmet - **ESSENTIAL**

### **Clothing for Trek Section**

top and trousers  
warm fleece/outer layer  
waterproof jacket and trousers - **recommended**  
walking boots/fell shoes - **trainers not advised**  
x 2 pairs of walking socks  
hat and gloves - **recommended**

**In addition every team should have the following equipment as a basic minimum:**

### **For the whole challenge**

a first aid kit (per team) **ESSENTIAL**  
ordnance survey map (or similar) 1:50,000 or 1:25,000 (per team) - **ESSENTIAL**  
waterproof map case - **recommended**  
compass (per team) - **recommended**

### **For the cycling legs**

water (each) - **ESSENTIAL**  
pump (per team) - **recommended**  
puncture repair kit (each) - **recommended**  
spare inner tube (each) - **recommended**  
bike lights (each) - **ESSENTIAL\***

### **For the Trek Section**

water (each) - **ESSENTIAL**  
flask of hot drink (each)  
food supplies (each)  
Sunscreen  
Sun hat/cap

**BIKE LIGHTS\* - listed as ESSENTIAL in case of poor visibility around the course due to weather conditions – it is vital that other road users can see you!**

Teams will need to arrive at the start point for the challenge in their cycling kit with at least 2 litres of water per person, ready for their start time. Unless team members wish to carry the kit they require for the rest of the challenge on their bikes, they can leave a small (max weight 8kg) labeled rucksack or holdall containing spare kit and walking boots etc. with the stewards at the start of the challenge. This will then be transported to the trek start point ready for their arrival.

Once teams have completed the Trek Section they can make a further kit change and then leave their bags with the marshals for transportation back to the finish (bags will not leave until all Participants are off the trek). **PLEASE NOTE - It will not automatically be possible for teams to have access to their bags at the end of the cycling section of the challenge and participants should therefore be prepared to canoe in the kit they are wearing for the last leg of the cycle challenge.**