

EQUIPMENT DEMOLISH CHECKLIST

MTB Gear – Single-Track Attack

It is mandatory that at all Adventurethon Events athletes carry water on them

- Mountain Bike (aim for at least front suspension, Hiring available from GORATS info@gorats.com.au)
- Tri shorts or cycle shorts (Available to purchase online – www.adventurethon.com.au/store)
- Cycle top or endurance tri top with room for nutrition storage
- Australian Standards Bike Helmet **Mandatory**
- MTB Shoes (optional)
- MTB Gloves (optional)
- Hand pump for MTB maybe a canister or 2 of CO2 for faster inflation
- 2 or more spare tubes (dependant on course and bike style) (Look at a tubeless conversion kit or some slime to reduce puncture likelihood)
- Chain breaker and multi tool (for MTB repairs on the go)
- Spare chain link
- Hydration (Hydration pack is recommended as the handling is safer when riding)
- Electrolytes and Carbohydrates as necessary during the event CAN BE GELS and also as a liquid in a hydration pack
- 2 Bandages for Cycle leg **Mandatory**
- Sunglasses
- Sun protection/sunscreen