

BE READY TO ROLL

ULTRA DISTANCE

75

ITEMS TO PACK
51 REQUIRED

Everything you need for a self-supported ultra-distance race, organised by category. Tick each item as it goes in the bag — required gear first, then the recommended extras that earn their weight.

01 CLOTHING

18 ITEMS

- | | | |
|--------------------------|---|----------|
| ☐ | Bib shorts (x2 minimum)
One on, one clean. Changing at overnight stops prevents saddle sores. | REQUIRED |
| ☐ | Base layer (x2)
One active, one sealed dry for emergency thermal reserve. | REQUIRED |
| ☐ | Jersey or riding top (x2)
One to ride, one to sleep or rest in. | REQUIRED |
| ☐ | Waterproof jacket
Fully taped seams. Must pack small enough to grab quickly. | REQUIRED |
| ☐ | Insulating mid-layer
Packable down or synthetic. Put it on the moment you stop in cold. | REQUIRED |
| ☐ | Arm warmers
Versatile — on/off quickly without stopping. | REQUIRED |
| ☐ | Knee/leg warmers or bib tights
Essential for pre-dawn cold and alpine descents. | REQUIRED |
| ☐ | Gloves — lightweight (x1)
For cool mornings and descents. | REQUIRED |
| ☐ | Gloves — waterproof/winter (x1)
If wet and cold conditions are expected. | OPTIONAL |

01 CLOTHING (CONT.)

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|--------------------------|---|----------|
| ☐ | Helmet
Check retention and straps before the event. | REQUIRED |
| ☐ | Helmet cover / rain cover
Dramatically reduces head heat loss in cold rain. | OPTIONAL |
| ☐ | Cycling shoes
Check cleats and BOA dials/velcro before packing. | REQUIRED |
| ☐ | Overshoes / shoe covers
Waterproof or thermal depending on expected conditions. | OPTIONAL |
| ☐ | Cycling socks (x3)
Merino preferred for multi-day. Change at least daily. | REQUIRED |
| ☐ | Casual shoes or sandals
Bikepacking: for camp use. Ultra: optional for checkpoint rest. | OPTIONAL |
| ☐ | Buff / neck gaiter
Doubles as face covering in dust and warmth at night. | OPTIONAL |
| ☐ | Skull cap / thermal hat
Under helmet for cold mountain or night riding. | OPTIONAL |
| ☐ | Sun cap / cycling cap
Under helmet for shade and sweat management in heat. | OPTIONAL |

02 PROTECTION & SAFETY

11 ITEMS

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|--------------------------|---|----------|
| ☐ | Sunscreen SPF 50+
Apply to neck, ears, and backs of hands every day. | REQUIRED |
| ☐ | Chamois cream
Apply before every stage. Reapply every 4-6 hours. | REQUIRED |
| ☐ | Anti-chafe stick (Body Glide or similar)
Inner thighs, underarms, anywhere skin meets skin. | REQUIRED |
| ☐ | Basic first aid kit
Wound dressings, antiseptic wipes, blister kit, Leukotape, scissors. | REQUIRED |
| ☐ | Ibuprofen / paracetamol
For pain management. Do not use NSAIDs when dehydrated. | REQUIRED |

02 PROTECTION & SAFETY (CONT.)

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|--------------------------|---|----------|
| ☐ | Imodium + antacids + rehydration sachets | REQUIRED |
| | GI issues are the #1 DNF cause. Have pharmaceutical tools ready. | |
| ☐ | Antihistamines | OPTIONAL |
| | For insect stings, plant allergies, and unexpected reactions. | |
| ☐ | GPS race tracker (event-issued) | REQUIRED |
| | Mandatory for most ultra events. Charged and tested before start. | |
| ☐ | Emergency whistle | OPTIONAL |
| | Lightweight safety item for remote sections. | |
| ☐ | Emergency thermal blanket | OPTIONAL |
| | Weighs almost nothing, could save your life in unexpected bivvy. | |
| ☐ | Personal locator beacon (PLB) | OPTIONAL |
| | For very remote events with no phone coverage. | |

03 NAVIGATION

4 ITEMS

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|--------------------------|--|----------|
| ☐ | GPS head unit with route loaded | REQUIRED |
| | Route downloaded and verified on-device. Backup battery charged. | |
| ☐ | Phone with offline maps | REQUIRED |
| | Separate device from GPS. Route downloaded to offline storage. | |
| ☐ | Compass | OPTIONAL |
| | Last-resort navigation if both electronic devices fail. | |
| ☐ | Paper route overview / cue sheet | OPTIONAL |
| | Printed backup of key junctions and checkpoints. | |

04 LIGHTING

5 ITEMS

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|--------------------------|--|----------|
| ☐ | Front light — main (x1) | REQUIRED |
| | High-output. At least 600 lumens for unlit roads. | |
| ☐ | Front light — backup (x1) | REQUIRED |
| | Smaller/lighter. For if the main light fails mid-stage. | |
| ☐ | Rear light (x2) | REQUIRED |
| | One on bike, one on bag or person. Never ride at night with one. | |

04 LIGHTING (CONT.)

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|--------------------------|--|----------|
| ☐ | Charging cables for all lights | REQUIRED |
| | Know which cable each light uses. Label them if needed. | |
| ☐ | Headtorch | OPTIONAL |
| | For checkpoint tasks, tent setup, and mechanical fixes at night. | |

05 TOOLS & SPARES

15 ITEMS

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|--------------------------|--|----------|
| ☐ | Multi-tool | REQUIRED |
| | Must include hex keys matching every bolt on your bike. | |
| ☐ | Tyre levers (x3) | REQUIRED |
| | Three gives redundancy if one snaps. | |
| ☐ | Tubeless plugs (x6+) | REQUIRED |
| | Primary puncture repair. Carry more than you think you need. | |
| ☐ | Inner tube (x2) | REQUIRED |
| | Backup when tubeless can't be fixed. Match your tyre size. | |
| ☐ | Mini pump or CO2 canisters (x2) | REQUIRED |
| | CO2 is faster but limited uses. A pump is unlimited. | |
| ☐ | Chain lube | REQUIRED |
| | Enough for the full event. Lube daily in wet or dusty conditions. | |
| ☐ | Chain quick links (x2) | REQUIRED |
| | For chain repair. Must match your chain speed (11s, 12s, etc.). | |
| ☐ | Chain breaker | REQUIRED |
| | For repairing a snapped chain or converting to single speed. | |
| ☐ | Spare derailleur hanger | REQUIRED |
| | Model-specific. The most common race-ending mechanical — carry one. | |
| ☐ | Spare brake pads | OPTIONAL |
| | For multi-day events in wet or mountainous terrain. | |
| ☐ | Spare cleats + bolts | OPTIONAL |
| | Cleats wear fast on gravel events with hike-a-bike sections. | |
| ☐ | Duct tape (2m wrapped around pump or bottle) | REQUIRED |
| | Solves mudguard rattles, cracked bags, and dozens of micro-problems. | |

05 TOOLS & SPARES (CONT.)

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|--------------------------|--|----------|
| ☐ | Cable ties — mixed sizes (x10)
For emergency fixes to anything loose, broken, or rattling. | REQUIRED |
| ☐ | Tyre boot (x2)
For sealing sidewall cuts that plugs can't handle. | OPTIONAL |
| ☐ | Spoke key + spare spokes
For wheel truing after rough gravel or rock strikes. | OPTIONAL |

06 NUTRITION & HYDRATION

5 ITEMS

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|--------------------------|--|----------|
| ☐ | Water bottles or hydration pack
Minimum 2L capacity. Know source distances before each stage. | REQUIRED |
| ☐ | Electrolyte tabs or powder
Minimum 1 per hour in heat. Prevents cramping and hyponatremia. | REQUIRED |
| ☐ | Ride food (enough for stage + 50% buffer)
Gels, bars, rice cakes, real food. Never leave a supply point under-stocked. | REQUIRED |
| ☐ | Water filter or purification tablets
For remote stages with uncertain water sources. | OPTIONAL |
| ☐ | Caffeine (gels, tabs, or coffee sachets)
Save for night sections and the pre-dawn low. Don't use early. | OPTIONAL |

07 DOCUMENTS & ADMIN

6 ITEMS

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|--------------------------|---|----------|
| ☐ | Passport / ID
Required for international events and border crossings. | REQUIRED |
| ☐ | Race number / brevet card
Check mounting instructions. Must be visible at checkpoints. | REQUIRED |
| ☐ | Emergency contact card (waterproofed)
Name, blood type, allergies, next of kin. On your person, not just phone. | REQUIRED |
| ☐ | Cash (local currency)
Card machines fail. Remote shops and cafes are often cash only. | REQUIRED |

07 DOCUMENTS & ADMIN (CONT.)

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|--------------------------|--|----------|
| ☐ | Travel insurance documents
Especially important for events in remote or international locations. | OPTIONAL |
| ☐ | Hotel / accommodation bookings
Printed or saved offline. No signal at the door is a real scenario. | OPTIONAL |

08 BIKE SETUP

9 ITEMS

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|--------------------------|---|----------|
| ☐ | Tyres checked and pressures set
Check for cuts, embedded debris, and tread wear before the start. | REQUIRED |
| ☐ | Tubeless sealant topped up
Sealant dries out. Check and top up within 48h of the start. | REQUIRED |
| ☐ | Chain cleaned and lubed
Fresh lube before the start. Carry enough for the full event. | REQUIRED |
| ☐ | All bolts checked and torqued
Stem, handlebars, bottle cages, racks, mudguards. Vibration loosens everything. | REQUIRED |
| ☐ | Brakes checked and bedded in
Pad wear, lever feel, and rotor trueness. Bed in new pads before the event. | REQUIRED |
| ☐ | Gears indexed and shifting cleanly
Check cable tension and limit screws. Don't leave this for race morning. | REQUIRED |
| ☐ | GPS mount secured
Tighten quarter-turn mounts and check for vibration loosening. | REQUIRED |
| ☐ | Mudguards fitted and rattle-free
If conditions are wet. Check clearance and secure all stays. | OPTIONAL |
| ☐ | Bags fitted and balanced
Heavier items low and centred. Check nothing rubs tyres or cranks. | REQUIRED |

09 COMFORT

2 ITEMS

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|--------------------------|--|----------|
| ☐ | Power bank (10,000+ mAh)
For charging phone and lights between checkpoint power stops. | OPTIONAL |
| ☐ | Phone charging cable + wall adapter
Know which cable every device uses. A missing cable at a checkpoint hurts. | REQUIRED |