

## What to Pack

### Riding gear

**Tip:** Sign up for the rider laundry service and you're good to go.

Item	Packed
3 x Cycling tops	
3 x bibs	
3 x under layer vests	
3 x arm sleeve packs	
3 x pairs of socks	
MTB shoes	
Helmet	
Chamois cream	
Riding sunglasses	

### Clothing (off the bike)

**Tip:** Don't pack outfits; take items that work well with a variety of things. Also, pack items that can roll rather than need folding (less creasing).

Item	Packed
Tracksuit pants	
Long pants	
2 x pairs of shorts	
5 x T-shirts	
2 x hoodies	
1 x warm jacket	
Shoes (1x pair of closed shoes/trainers; 1x pair of flip flops)	
Underwear	
Cap	
Sunglasses	
Personal medical kit (including an antihistamine, Mosquito repellent etc)	
Sunblock	



## Nutrition

**Tip:** Pack your daily nutrition into ziplock bags (please recycle these), as tubs can take a up a lot of space. Work out exactly how much you will need per stage and separate this beforehand. This goes for the number of scoops you use per day for your drinks and recovery; for the gels, and bars too.

Item	Packed
21 Gels (3 per stage)	
16 Bars (2 per stage)	
Nutritional drink	
Recovery drink	
6 x bottles	

## Extras

**Tip:** Almost anything you don't want to carry with you can be bought at the Absa Cape Epic Merchandise store.

Item	Packed
Pillow	
Sleeping bag	
Single mattress sheet	
Laundry bag	
Tools (including duct tape, cable ties and multitool)	
Headlamp	
Charging Cables	
Power Bank	
2 x combination locks (1 for SCICON Rider Bag and 1 for tent)	
Toiletries	
Ear plugs	

### ABSA CAPE EPIC

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