

## Appendix 2

## 2017 TD Kit List

### Bike!!

Kinesis Sync

### Head

Helmet White TdF baseball cap  
Glasses Cycling x1 Reading x 3 (Reading case)  
Balaclava

### Protection

#### Gloves

Goretex mitts with inner x2  
'Woolly' gloves  
Cycling gloves

#### Shoes

Cycling Goretex boots  
Merino socks x2

#### Waterproof

Alpkit Waterproof top  
Lowe Alpine Waterproof trousers

#### Windproof

Alpkit Windproof  
Windproof top yellow (ripped)

### Cycling clothing

Shorts cycling x2 (1 lycra, one MTB)  
Merino top long sleeve x2  
Cycling top x2 ('BMC ripoff' & 'Mt Ventoux' motifs)  
Old red jumper

### Off bike

Red Woolly hat  
Rab jacket  
Lightweight canvas pumps

### Sleep

Tent  
Rab Sleeping bag and ripped silk liner  
Sleep matt (x2)

### Water

Rucksac  
Platypus  
Water bottles x3  
Go bottle  
100 Purifying tabs

### Bike Bags

Front handlebar bag  
Gas Tank bag  
Seatpost bag  
Cockpit bag (x2)  
Frame bag

### Medical

1<sup>st</sup> aid kit      Compression tape  
Ciprofloxacin / Metronidazole / Painkillers

### Accessories

Pump  
Multitool      Chain link (quick release x2)  
Tyre levers      Valve core remover  
Sewing kit      Tyre patch  
Inner patches with glue      Inner tube  
Oil      Rag      Chain Lubricant      Super glue  
Stans 'No Seal'      Syringe and applicator  
Orange juice bottle to hold Stans Solution bound with Duct tape  
Zip ties      Deraileur hanger

### Lighting

Bike lights      Front      Back      Headlight

### Navigation

Money      Cards      Passport  
SPOT  
Etrex 30x GPS

### Electrical

Phone      Camera  
AA/AAA Battery Charger with USB port      Adapter  
Rechargeable batteries x10  
Relevant cables and small box to house same

### Paperwork

Canadian Visa  
Passport      Money      Cars  
YWCA and Calgary accommodation documentation  
Return e ticket      BA baggage allowance documentation  
Note pad and pencil  
ACA maps for entire route & cue cards (part of route)

### Miscellaneous

Face cloth  
Rope for hanging food      (not used)