

MOUNTAIN BIKE

MANDATORY BIKE & GEAR



We highly recommend booking a bike service with your local bike shop pre and post event to ensure your bike is in top condition. Regular bike maintenance will increase the longevity of your bike's life, minimise breakdowns and be easier on your pocket in the long run.

Officials can randomly check athlete bike and gear at any point during the event, including at the start and finish line. Officials have the right to stop an athlete from starting the event or withdrawing and disqualifying an athlete for not adhering to the mandatory bike and gear checklist.

No mandatory bike & gear = no start!

MOUNTAIN BIKE

Must be adequate for the purposes of an endurance mountain bike event, in good condition, and be free of defects.

- **Bike Frame**
No structural damage or corrosion to the bike frame, handlebars and set posts.
- **Brakes**
Must be in good enough condition to last the length of the event. The wear on brake pads needs to be above the minimum line.
- **Chain & Cogs**
Chain and cogs in good condition. There is significant climbing on both courses and placing pressure on your chain. The cold water river crossings at the end of the race will also affect your chain. When your chain is stretched by not changing gears correctly, it can break more easily and may not function properly. It also may have damaged and excessively worn your cogs, causing it to slip and again not function correctly.
- **Tyres & Pressure**
No big cuts or damage to tyre casing. Optimal tyre pressure for your particular tyres and the day.
- **Seatpost**
Tight, with no damage.
- **Handlebars**
Tight and have handlebar bungs.
- **Overall Bike**
No excessive play in the bottom bracket, headset, wheel set or suspension mechanisms.
- **Additional**
Ensure bottle cage/s are firmly screwed in, pump secured with velcro strap (or in saddle bag / backpack) and repair kit is securely fastened.

HELMET

Modern helmets are only designed to withstand one major impact, so by throwing them on the ground or in the back of the truck you may render your helmet useless. Sun and heat cause additional wear to helmets. Helmets must be adequate safety standards approved and free of defects.

- **Safety standards approved**
AS/NZS 2063:2020.
- **A good fit**
We recommend a helmet with rear bracing. Talk to your local bike shop to check your fit.
- **No cracks in the body of the helmet.**
- **No delamination of the outer layer**
Due to sun or heat damage.
- **No damage to any of the straps.**
- **No defects of any buckles or strap webbing.**

TOOL KIT

Not only should you carry the following - **you should know how to use it too!** There will not always be someone nearby to help you if you get a flat tyre or your chain breaks. Ask a friend or visit your local bike store for advice if need be.

- **Two Spare Tubes**
Correct size! If using tubeless, ensure the sealant is fresh & carry at least 2 tubes as emergency back-up.
- **Bike Pump**
Can be CO2 inflator & 2 x canisters.
- **Multi-Tool.**
- **Patch Kit.**
- **Tyre Levers.**
- **Chain Breaker**
Spare chain link/speed link is also useful.

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Athletes must carry the following items at all times during the event. **This is the minimum requirement.** If you have an injury and need to remain in one place, especially in poor conditions for an extended period of time, you will need all of these items. Items marked with an asterisk (*) are in addition to what is being worn when starting and must be kept dry in your pack, i.e. sealed in a ziplock bag. Organisers reserve the right to amend mandatory gear requirements due to safety or other factors. **No mandatory gear = no start!**

○ Long-Sleeve Thermal Top*

Long-sleeved top made from a warm quick-drying fabric such as wool or polypropylene. Cotton, Lycra, and compression garments are not acceptable.

Product Suggestion

Rab Synchrino Base LS Tee [Womens & Mens](#)

○ Waterproof Jacket

Seam-sealed and of durable construction. Hood is highly recommended.

Product Suggestions

Rab Firewall Light [Womens & Mens](#)

Rab Phantom Pull-on [Womens & Men](#)

Rab Arc Eco [Womens & Mens](#)

ASICS Fujitrail [Womens](#)

ASICS Metarun [Womens & Mens](#)

○ First Aid Kit

Including bandages, plasters, tape, gauze. Any prescription medications you might need (e.g. prescription for hay fever).

○ Survival Bag

Bag NOT blanket.

○ Whistle

Attached to the outside of your pack.

○ Food & Drink

You should be self-sufficient in your food & fluid requirements and not rely on aid station supplies.

○ Drink Bottle/Bladder

Drink bottle/bladder – Something to carry water; bottle, bladder, or cup.

○ Backpack/Hip pack/Saddle bag

Must be large enough to fit all mandatory gear.

COLD WEATHER KIT

The following will be required if the weather forecast is looking unfavourable. Athletes will be advised prior to registration whether or not these items are mandatory.

○ Long-Sleeve Mid-Layer Top*

Fabric must have insulation properties i.e. fleece or similar. This must be a heavier-weight garment than the Long-Sleeve Thermal Top.

Product Suggestions

Rab Xenair Alpine Light [Womens & Mens](#)

Rab Nexus Pull-on [Womens & Mens](#)

○ Full Fingered Thermal Gloves

Wool or polypropylene.

Product Suggestion

Rab Power Stretch Pro Glove [Womens & Men](#)

○ Thermal Hat

Wool or polypropylene.

Product Suggestion

Rab Filament Beanie

○ Full-Length Thermal Pants*

Wool or polypropylene.

Product Suggestion

Rab Synchrino Leggings [Womens & Mens](#)

○ Waterproof Pants

Seam-sealed and constructed of durable material.

Product Suggestion

Rab Downpour Eco [Womens & Mens](#)