

go2berg packing and check list

Most riders over pack, pack wisely – the list below is great as a guide.
Be kind to yourself and pack smart.

Bike Spares

- Multi-tool with chain breaker
- Chain links – for 1 x11, 2 x10 or 3 x 9 depending on your bike
- DUC Tape – a little bit of duc tape could go a long way
- Puncture repair kit with gator and plugs
- Co2 cartridges – we are not a fan – good old pump always better
- (if you use a CO2 cartridge remember to top up on sealant as does coagulate many sealants)
- Pump
- Tyre levers
- Spare tube
- Extra derailleur hanger that fits your bike (NB)
- Chain Lube
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- Spoke Key
- Spare spoke if you have unusual spokes
- Cable ties
- Shock pump
- Water bottle
- Hydration Pak (some love it some don't)
- Bike lock (our bike parks have security but if you want extra bring a lock)
- Spare set of disc brake pads
- Ziploc bags for each day – top tip pack your daily riding clothes hydration powder etc into a numbered zip lock bag

Riding Clothing

- Cycling clothes (minimum 4 – we have a wash facility at Emseni)
- Your own energy drink preference
- Shoes and extra pair of shoes with cleats
- Helmet
- Riding Gloves (1-2 pairs)
- Undershirts (3)
- Sweatband (if required)/Buff
- Socks (4 to 7 pairs)
- Sleeves (arm warmers)
- Leggings
- Rain Jacket
- Sunglasses
- Swimming costume day 6 pool swim compulsory

Medicines

- Anti-chaffing cream (baby bum cream)
- Cramping tablets
- Paracetamol
- Note our medical does not dispense medicine unless its part of your treatment.
- Lip balm (lip ice)
- Diarrhoea tablets
- Nausea tablets
- Cold and flu tablets

Mandatory requirements

- Sporting Character
- Sense of humour

- "Mountain" toilet paper for emergency visits to the bush
- Camera
- Small first aid kit to ride with you
- Space blanket

In the Village

- Sheet for mattress
- Pillow
- Towel
- Sleeping bag (minus 8 rating)
- Small toiletry bag with essentials
- Hand mirror (ladies)
- Credit Card – must carry on you when riding
- Some cash for schools bars
- Wet wipes
- Biodegradable washing powder
- Sandals for shower visits
- Earplugs essential for peaceful night sleep
- Head torch

- Concrete pills in case of adverse weather

International riders

- Medical insurance
- Visas if necessary
- Pre or post ride travel plan support (safari, Cape Town etc)

All riders

- Getting to the start – shuttle or personal vehicle booking
- Getting back from finish – shuttle or personal vehicle booking
- Flights if needed
- Massage packages if needed
- Mechanic packages if needed
- Shuttle bookings
- Medical cover up to date
- Bike insurance
- Bike serviced before event
- Check seat height
- Check for brakes chaffing
- Check tyre sealant has been topped up (dries after a couple of months)
- Notify organisers of special meal requirements