

JOBERG2C AND BERG2C PACK LIST

SLEEPING BAG, PILLOW, SLEEP SHEET	TOOLBAG: BOMBS, BOMB FITTING, TUBE, LUBE, CHAIN BREAK, PLUGS, SPARE CHAIN LINKS
TORCH (PETZEL HEAD TORCH)	POLAR, GARMIN AND STRAP (LABELLED)
SWIMMING COSTUME	1 X BIKE LOCK
TOILETRIES	PUMP
TOOTHBRUSH & PASTE	BIKE
HIGH-FACTOR SUNTAN	CABLE TIES
PERSONAL VITAMINS	ENERGY BARS
LIP ICE	GOO
DEODORANT	ON RIDE DRINK
SHAMPOO & CONDITIONER	PRE-RACE DRINK & SHAKER
RAZOR	REHYDRATE
EARPLUGS	RECOVERY DRINK
TOWEL	BOTTLE BRUSH FOR CLEANING CAMELPAK
HAIR BRUSH	DISHWASH LIQUID
MIRROR	SCRUBBING BRUSH TO CLEAN BIKE
FACE WASH	HELMET
SOAP & FACE CLOTH	POLAR/GARMIN WATCH & STRAP
ANTI CHAFFING CREAM	CYCLE RAIN COAT
ICEMAN (MUSCLE MASSAGE CREAM)	OLD RAG TO CLEAN BIKE
TRACKSUIT & SWEATER	ARM & LEG WARMERS, LABELLED
WARM JACKET	CYCLING SHOES
RECOVERY PANTS/SOCKS	CYCLING TOPS, PANTS, SOCKS, GLOVES
WET WIPES	WATER BOTTLES
MONEY/CREDIT CARD FOR BIKE SHOPS	CAMELPAK & BLADDER
TOILET PAPER IN ZIPLOCK	SUNGLASSES
UNDERWEAR	WASHING DETERGENT & PEGS
READING BOOK/GLASSES	CELLPHONE & CHARGER, LABELLED IN WHITE
SLOPS	SHORTS & T-SHIRTS
SPARE PLASTICS SHOPPING BAGS FOR WET CLOTHES	