



Every Superhero needs their body armour and gadgets!

Your superhero team:

It is required that your team carry the following items on the Trail:

- First-aid kit (remember special needs of team members i.e. asthmatic etc.)
- Map of route (provided with your final briefing guide a few weeks before the event)
- A fully charged mobile phone
- Cycle bell – at least one team member should have a bell fitted to their bike and should go into the lead to warn other Trail users when appropriate.

You as an superhero individual:

It is highly recommended that the following items be carried by each of your team members on the Trail:

- **Cycle helmet (compulsory)**
- Lightweight waterproof jacket
- Cycling gloves (highly recommended)
- Cycling/sun glasses
- Plenty of water although there are water stations at checkpoints along the route
- Emergency rations (chocolate, dried fruit, nuts etc – there will be food along the route)
- Money (for emergency phone calls etc)
- Puncture repair kit and tyre levers
- Spare inner tube
- Sun protection cream
- A bell to make other trail users aware of your presence