



# KIT LIST

Atlas Mountain Race 2020



# Introduction

I had already spent some money on equipment for the Silk Road Mountain Race (SRMR) and was going to start with a similar set up. However, the conditions of the Atlas Mountains are quite different to the remoteness of the Tian Shan Mountains, resulting in a lighter overall weight of the bike. Especially the lower altitude of the entire race, higher temperatures and more resupply options let me leave some stuff at home. On the other side, the terrain was barely rideable on a gravel bike. If I race again in 2021, I would ride on a 29er hardtail. But for now, I only had a Bombtrack Hook EXT-C, which is a perfect bike for almost all races, however, the rocky and sandy tracks of the Atlas

Mountains are another level and race director Nelson Trees is known for creating very unique but demanding routes. Water resupply was another issue. Even the winter months in Morocco are very dry with no water resupply options. The experience of the Silk Road Mountain Race made me feel like I was not a total rookie anymore. I tested all of my equipment as well as my bike in very tough conditions, knew how it feels like to be out there for a number of days and also learned to listen to my body. Now, I have a better feeling of the equipment, that I really need during a race (even if it's bulky and heavy) and other things, that I won't miss much, if I wouldn't carry it. Let's have a closer look of how I tackled the 1.145 km (20.000 m of climbing):

# 1. ORGANIZATION

- Registration
- Payment
- Medical certificate
- Flights
- Insurance



## 2. NAVIGATION

- GPS-Track on Element
- Offline Maps on iPhone
- Komoot Back Up
- Ride With GPS Back Up

If money doesn't matter, I highly suggest to buy two sophisticated navigation devices. I'm a big Wahooigan, but Garmin does its job as well (I guess). However, they are not 100 % reliable, so make sure you'll have a back up when needed. Komoot and Ride with GPS offer turn-by-turn navigation in their premium accounts. Also, make yourself familiar with the route before the race starts. Knowing where you at will make you enjoy the ride so much more rather than just following a black dot on your navigation device.

### 3. Kitlist Atlas Mountain Race 2020

1. Bike Build (including wheels & tires, drivetrain & brakes and additional)	Wheight in gramm
<b>Wheels and tires</b>	
Hunt Adventure Sport 27.5 wheelset	
Maxxis Ikon 2.2 (tubeless)	
Hunt Adventure Sport front and rear hub	
Hunt Adventure Sport 28" front and rear rim (25 mm internal)	
SON 28 dynamo	
	<b>9 000</b>

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1. Bike Build (including wheels & tires, drivetrain & brakes and additional)	Wheight in gramm
<b>Drivetrain and brakes</b>	
40 T chainring	n/a
11 – 50t Sunrace cassette	520
SRAM Rival1 brakes	n/a
<b>Additional</b>	
Brooks saddle (C17)	420
Redshift flexible stem	140
BLB Brick Lane Bikes Flatliner Roar pedals	335

### 3. Kitlist Atlas Mountain Race 2020

2. Bags and Mounts	Wheight in gramm
Apidura framebag (7.5 l)	340
Apidura handlebar bag (9 l)	300
Salsa EXP Series top tube bag (1.2 l)	160
Apidura saddle bag (9 l)	300
Element Bolt K-Edge Aerodynamics mount	20
	<b>1,120</b>

### 3. Kitlist Atlas Mountain Race 2020

3. Clothing	Wheight in gramm
Patagonia Micro Puff jacket	290
Gore Wear wind/ rain jacket (Shakedry 1985)	150
Rapha merino wool base layer	160
Gore Wear windstopper base layer	140
Craft Bib shorts	170
Craft jersey	150
Gore Wear leg warmers	110
Gore Wear cap (40 g),Gore Wear headband (15 g)	55
Pedaled thermo winter gloves	80
Danish Endurance cycling socks	40
2 x Danish Endurance merino socks (60 g each)	120
Adidas trail running shoes	840
MET Manta helmet	220
	<b>2, 525</b>



### 3. Kitlist Atlas Mountain Race 2020

4. Sleep System	Wheight in gramm
Alpkit Hunka XL bivvy	420
Sea to Summit ultralight sleeping mattress	360
Sea to Summit Spark II sleeping bag	240
	<b>1,020</b>

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5. Nutrition	Wheight in gramm
2 x Firepot dehydrated expedition food (220 g each)	440
6 x E.L.F. Energy Cakes (125 g each)	750
6 x Science in Sport caffeine gel (60 g each)	360
Electrolytes-, Magnesium/ Calcium-, Fish Oil pills	150
	<b>1,700</b>

### 3. Kitlist Atlas Mountain Race 2020

6. Technical Equipment	Wheight in gramm
Anker battery pack (10,000 mAh)	200
Efest power battery pack 18650	60
4 x 1860 batteries (50 g each)	20
iPhone 8	200
Sinewave Cycles Beacon (750 lumen)	120
Anker power adapter (2 port USB)	60
Anker charging cables (1 x USB, 1 x iPhone) (10 g each)	20
Apple ear phones	50
Zebralight head lamp (1.700 Lumen)	140
Wahoo Element Bolt navigation device	60
Wahoo TICKR heart rate monitor	100
Wahoo RPM speed sensor	10
Lupine back light	60
	<b>1, 100</b>

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7. Tools and Repair Kit	Wheight in gramm
Topeak multitool	160
The Gentle Jaunt pocket knife	100
Lezyne Micro Floor Drive HV air pump, wrapped by electrical tape	210
Stans tire sealant	150
Milkit tubeless tire inflation bottle (0,6 l, 11 bar)	200
2 x Schwalbe spare tubes (210 g each)	420
1 x Schwalbe extralight spare tube	140
2 x tire levers (25 g each)	50
Muc Off ceramic lube	60
MaXalami tire plugs	25
Presta-Schrader-adapter, valve core remover, Tip Top patch kit/ tire boot, 2 x SRAM chain links	55
Derailleur hanger, zip ties, toothbrush	50
2 x SRAM brake pads (50 g each)	100
	<b>1, 720</b>

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8. Medical Kit	Wheight in gramm
Paracetamol, patches, gauze bandage, healing clay, gastrointestinal pills, Aspirin Complex	30
Toothbrush/ toothpaste	60
DM sun blocker	30
DM wet wibes	180
	<b>300</b>

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9. Other	Wheight in gramm
Oakly EVZero Path Photochromic sun glasses	40
2x drinking bottles (95 g each)	190
Voile strap	30
Sea to Summit titanium spoon	20
	<b>280</b>

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OVERALL WEIGHT

18,735 g

