



KIT LIST

Silk Road Mountain Race 2019



Introduction

The SRMR is a 1,700 km self-supported, single-stage bikepacking race through the remote, high-altitude Tian Shan Mountains of Kyrgyzstan. It is a big challenge for the body as well as the mind. Temperatures went up to 35 degree during the day and minus degrees in the night. Snowstorms, altitude, river crossings, swamps, dry desert, strong winds, big stretches without water, frozen food... there was a lot that we were going to face. Therefore, planning and preparation would be highly relevant to finish the race. My system weight was about 106 kg (bike 30 kg).



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.

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1. Bike Build (including wheels & tires, drivetrain & brakes and additional)	Wheight in gramm
Wheels and tires	
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	
	9 000

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1. Bike Build (including wheels & tires, drivetrain & brakes and additional)	Wheight in gramm
Drivetrain and brakes	
40 T chainring	n/a
11 – 42t SRAM cassette	n/a
SRAM Rival1 brakes	n/a
Additional	
Brooks saddle (C17)	420
Redshift flexible stem	140
Shimano Saints flat pedals	550
Redshift moveable seat post	550
Profile Designs aero bars (aluminium)	600

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2. Bags and Mounts	Wheight in gramm
2 x Salsa Anything Cages (150 g each)	300
2 x Salsa Anything Bags (4,5 l each) (180 g each)	360
Ortlieb handlebar bag (15 l)	420
Apidura framebag (7.5 l)	340
2 x Revelate Designs feedbags (1 l each) (110 g each)	220
Salsa EXP Series top tube bag (1.2 l)	160
Topeak Back Loader saddle bag (15 l)	570
Element Bolt K-Edge aerodynamics mount	20
	2,390

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3. Clothing	Wheight in gramm
Craft bib shorts	170
Craft jersey	150
Gore Tex base layer	150
Gore Tex windstopper base layer	140
Gore Tex Wind/ rain jacket (Shakedry 1985)	150
Patagonia down Jacket	350
Vaude rain pants	160
Gore Tex leg warmers	110
Giro Wi Braze 2.0 gloves	90
Gore Tex face warmer	50
Gore Tex cap, Gore Tex helmet cover	70
Molon Babe underwear/ sleeping pant	90
Danish Endurance cycling socks, Danish Endurance merino socks	100
Gore Tex over shoes	100
Adidas Trail running shoes	840
MET Manta helmet	230
	2, 950

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4. Sleep System	Wheight in gramm
Six Moon Designs Lunar Solo tent	700
Tent pole	200
Tent pegs	150
Sea to Summit ultralight sleeping mattress	360
Sea to Summit Spark IV sleeping bag	880
	2,290

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5. Food Preparation	Wheight in gramm
Sea to Summit Alpha Pot 600 ml	190
Stove (BRS 3000-T)	30
Sea to Summit titanium spoon	20
Gas can	450
Sawyer Mini water purification filter	400
Katadyn Micropur Classic MC 1T water purification pills	10
	1,100

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6. Nutrition	Wheight in gramm
2 x Firepot dehydrated expedition food (220 g each)	2,640
24 x E.L.F. Energy Cakes (125 g each)	3,000
12 x Science in Sport caffeine gel (60 g each)	720
Electrolytes-, Magnesium/ Calcium-, Fish Oil pills	150
	6,510

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7. Technical Equipment	Wheight in gramm
Anker battery pack (10,000 mAh)	200
iPhone 8	200
Sinewave Cycles Beacon (750 lumen)	120
Anker power adapter (2 port USB)	60
Anker charging cables (2 x USB, 1 x iPhone)	20
Apple ear phones	50
Black Diamond ReVolt (300 lumen)	220
Wahoo Element Bolt navigation device	60
Wahoo TICKR heart rate monitor	100
Wahoo RPM speed sensor	10
Lupine back light	60
	1, 100

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8. 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
Kryptonite Keeper 512 lock	120
Milkit tubeless tire inflation bottle (0,6 l, 11 bar), Milkit bottle adapter	170
3 x Schwalbe spare tubes (210 g each)	630
2 x tire levers (25 g each)	50
Muc Off dry chain lube	60
MaXalami tire plugs	40
Presta-Schrader-adapter, valve core remover, Tip Top patch kit/ tire boot, 4 x SRAM chain links	60
Derailleur hanger, Toothbrush, zip ties	60
4 x SRAM brake pads (50 g each)	200
	1, 860

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9. Medical Kit	Wheight in gramm
Paracetamol, patches, gauze bandage, healing clay, gastrointestinal pills, Aspirin Complex	100
Toothbrush/ toothpaste	60
DM sun blocker	200
DM wet wibes	180
	540

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10. Other	Wheight in gramm
Oakly EVZero Path Photochromic sun glasses	40
2 x Science in Sport drinking bottle (100 g each)	200
Sea to Summit travel wallet, including cards, ID, cash	100
VARTA spare batteries (AAA, for headlamp)	100
5 x Voile straps	150
	590

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OVERALL WEIGHT

29,330 g

