



Each biking/hiking team must have a support team. They will meet participants at each of the checkpoints along the route and provide refreshments, food, clean kit, replacement kit and encouragement. They will ensure you check in and out of the checkpoints, and monitor your general condition - are you dehydrated, do you need clean/dry clothes, have you got enough supplies in your backpack?

The support teams will congregate in the car parks at each checkpoint where participants can meet them at their vehicles at

each stage. Support teams should not attempt to meet participants at additional water stops as there is insufficient room for cars.

Each checkpoint will have facilities provided by the Rob Roy Challenge team - toilets, first aid, physiotherapists, masseurs, water, indoor shelter. And marshals will be posted along the challenge route to help in the event of an emergency.

Each participant in the Challenge should carry the following in their backpack :

- Waterproofs
- Warm clothes e.g. fleece
- Water 2/3 litre Camel Back is recommended
- Energy food
- Map
- Spare socks
- Zinc oxide tape
- Sun hat
- Sun cream
- Mobile phone
- Basic first aid kit
- Puncture repair kit

The support teams should provide/carry for the participants:

- Spare boots/trainers
- Spare clothes/waterproofs
- Sunhat, sun cream and sunglasses
- Midge repellent/net
- Cycle shorts
- Vaseline
- Basic first aid kit - blister repair kit, zinc oxide tape and foot powder
- Energy drinks
- Energy food
- Food (soup, pasta, fresh and dried fruit etc)
- Mobile phone
- Woolly hat/gloves
- Spare socks
- Towel
- Spare boot laces
- Cycle helmets
- Spare inner tubes

Bike maintenance

We advise team members to carry with them a small puncture repair kit. Mobile Rob Roy Challenge support teams will be available during the cycle stages to provide technical support.

Any questions?

You can contact me on 07710 446 332 or by e-mail on david@eventsandactivities.co.uk. You can also visit our event website at www.robroychallenge.com to find out more.

Best regards.

David Fox-Pitt
Director