

Gear List – Paddy Pallin Adventure Race

The items in this list are grouped by the most essential to the least essential. While there are many great products out there, we have made recommendations from a few of the quality brands which we carry in store at Paddy Pallin. Happy racing!

Compulsory Items


- Whistle - Orange plastic or miniature metallic
- Compass [good quality, not watch or promotional giveaway] – Suunto A10, Silva Field 7, Ranger 3 or Expedition 54L; M3G
- Emergency Space Blanket – Coughlans
- Small First Aid Kit – Equip
- Sunscreen - Kinesys

Recommended Items

- Waterproof Map case – Sea to Summit roll top & Guide Map Case
- Waterproof case suitable for mobile phone
- Dry Bags – Sea to Summit Ultra-Sil
- Racing Pack – Salomon XA 20, Osprey Talon 11
- Hydration Bladder – Camelbak 2L & 3L
- Energy gels and electrolyte powder – Gu
- Quick Dry shirt – Icebreaker Tech T Lite, Mountain Hardware, Wicked T Lite, Pallin Coolmax, The North Face Reaxion T-Shirt
- Running Shoes – Salomon XT Wings, XA Pro & XA Pro XCR
- Socks [not cotton] – Icebreaker Bike/Run Lite Mini
- Body Glide / Vaseline
- Map board [to read your map while on your bike] - Miry

Other Useful Items

- Waterproof Jacket – Paclite GTX
- Thermal long top – polypro or merino eg. Icebreaker Oasis Crew
- Thermal long pants – polypro or merino eg. Icebreaker Leggings
- Quick Dry Underwear – Icebreaker Ultralite & ExOfficio
- Compression shorts, tights & tops – SKINS
- Mesh sports cap – Mountain Hardwear Swift Flex Cap
- Sunglasses
- Watch – T3 Running Pack (MovesCount compatible)



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