



Dear Will,

Ride Across Portugal's starting day is approaching and here is some more important information about your participation.

WHAT TO BRING

Cycling Clothes

In May in Portugal, the climate is usually moderate, with warmer days. Temperatures can oscillate between 20° and 30° C during the day, and the weather can be cooler in the early mornings.

As we head south, the temperature increases, and the possibility of lower temperatures and more unstable weather in the first stages (further north) is even greater because the stages are more mountainous.

Therefore, we recommend as basic equipment the usual summer kit (bib-shorts and a short-sleeved jersey), however it is very important to bring accessories that ensure comfort on a colder day or in more unstable weather: Arm warmers, Gilet, and Waterproof jacket.

To manage the clothes to bring, it's important to remember that the participants will have a laundry service in the hotel after the 3rd stage. In this hotel each athlete will be able to wash a maximum of 4 pieces (2 jerseys and 2 bib-shorts).

In the official RAP store, participants will be able to purchase some cycling clothes. However, it 's important that each athlete brings the cycling clothes they need for the entire event.

Swimsuit

All hotels have swimming pools, so it is advisable to bring a swimsuit and a swimming cap to enjoy these spaces at the end of each stage.

Bike Equipment

Each athlete is required to leave for each stage with a rear light with a battery for at least 6 hours and a basic puncture repair kit (spare inner tube and mini pump).

It is therefore mandatory to bring this material. It is advisable to bring at least two spare inner tubes.

Some materials, such as CO2 cartridges or inner tubes, can be purchased at the official RAP store, which will be open every day of the event.

Food Supplements

In the official store, each participant will be able to purchase products from [Gold Nutrition](#) (RAP's partner brand of sports food supplements), which offers various products for endurance activities.

However, each athlete should bring the food supplements they think they might not find among the set of products that will be on sale at the official store.

OFFICIAL RAP STORE

In the Accreditation area, on day 0, and during all the days of the event, the Official RAP Store will be open, where each participant will be able to acquire some of the most used products throughout the event:

- Sun protector
- Chamois cream
- CO2 inflator cartridges
- Inner tubes
- Cycling clothes (jerseys and some complements)
- Sports food supplements from [Gold Nutrition](#) (RAP's partner brand). These are the products that will be available in the official store:

<https://goldnutrition.pt/en/product/salt-bar-2/>

<https://goldnutrition.pt/en/product/endurance-fruit-bar-2/>

<https://goldnutrition.pt/en/product/long-lasting-gel/>

<https://goldnutrition.pt/en/product/gold-drink-350/>

<https://goldnutrition.pt/produto/garrafa-goldnutrition/>

<https://goldnutrition.pt/en/product/fast-recovery-600g/>

<https://goldnutrition.pt/en/product/liquid-magnesium/>

All purchases can be paid by credit card.

PRODUCTS OFFERED IN THE PARTICIPANT KIT

In the participant kit is offered to each athlete:

- One Official Ride Across Portugal 2022 Jersey
- One Official Ride Across Portugal Polo Shirt
- One [Gold Nutrition](#) cycling bottle
- One [Gold Nutrition](#) energy bar
- A pack of [Gold Nutrition](#) energy gel



We hope this information can be helpful for your preparation.

If you need any further information, please feel free to contact us.

Good luck with your training.

The Ride Across Portugal Team.