

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on this Cycle Kenya Challenge. We have tried to pare down this kit list to the absolute must-haves for your cycle, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

RUCKSACKS AND BAGS

- Day sack
- Rucksack/Duffel bag
- Waterproof liner*

SLEEPING

- Sleeping bag liner*

CYCLING GEAR

- Cycling Helmet (must be worn at all times while cycling)
- Cycling shorts
- Cycling gloves
- Sunglasses
- Water bottles for bike
- Chamois Cream
- Bike bell*
- Gel seat*

FOOTWEAR

- Comfy footwear for cycling
- Socks at least 5 pairs
- Training/comfy shoe/flip flops for evenings
- Cycling shoes, cleats & pedals*

CLOTHING

- Technical/Dri-Fit t-shirts for cycling
- Long sleeve shirt (mosquito protection in the evenings)
- Lightweight fleece/layer
- Wicking t-shirt
- Comfy casual clothes
- Cotton scarf or Buff (to protect you from the dust)
- Loose shorts to wear over cycling shorts *
- Swimwear dependant on hotel*
- Wide brimmed hat for safari*

- Smart clothes for the celebratory meal*

GENERAL EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Personal High energy snacks bars, dried fruit, chocolate, nuts
- Camera*
- Contact lenses (plus spare glasses)*
- Gaffa tape for emergency repairs*
- Alarm clock/watch*
- Ear plugs*

SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Blister pads (such as Compeed)
- Diarrhoea tablets
- Rehydration sachets
- Malaria tablets under advice from your GP
- Dextrose tablets for extra energy*
- Deep heat*
- Knee supports*

TOILETRIES

- Personal toiletries
- Tissue/toilet paper
- Anti-bacterial hand gel
- Insect repellent containing DEET
- Sun screen, Aftersun/moisturiser

- Dry wash*

DOCUMENTS

- Passport
- Visa
- Tickets
- Photocopy of passport
- Debit/credit card
- Travel insurance

KEY * Indicates Optional



MAKING THE MOST OF YOUR KIT

PACKING

Check out Outdoor Hire's useful tips on how to pack your kit bag [here](#). Remember the general rule that if you don't need it, don't bring it. A soft duffle is easier to find your kit in and less likely to be damaged than a framed backpack and should weigh no more than 15kg, so don't overpack!

On a bike a decent [bum-bag](#) is hard to beat for carrying valuables and essentials. Protect valuables from rain with a small rolltop dry bag.

CLOTHES

A pair of padded cycling shorts will make a huge difference to your comfort and dedicated [cycle gloves](#) help to protect your hands while in the saddle. For all round usefulness in the great outdoors Outdoorhire recommend the [Montane Prism Midlayer](#) jacket, it's lightweight, windproof and warm and does everything a fleece does but better.

PLASTIC BAGS

The government of Kenya has implemented a ban on plastic bags. The ban is targeted at bags from shops and supermarkets such as the carrier and flat bags. However, it does extend to Ziploc bags and duty-free bags. If you have those types of bags visible while in the airport, they are likely to be confiscated and you may receive a fine. Bags designed for multiple use, such as zippered cosmetic bags, are not included in the ban.

SUN PROTECTION

To protect yourself from the sun, use a lightweight peaked cap that's comfortable under your helmet and at other times wear a wide brimmed hat. On a bike the back of your neck and the back of your legs are more exposed than usual, don't forget sunscreen on these areas.

HYDRATION

When exercising your fluid needs increase dramatically and adequate hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a wide-mouth bottle with a drinking tube adaptor. Adding oral rehydration tablets or electrolyte powders to your water helps to maintain a correct electrolyte balance and also makes your water more palatable. Make sure you follow the mixing instructions on the pack and wash bottles and bladders thoroughly after use because the nutrients can help promote bacterial and mould growth.

See Outdoor Hire's top tips for hydration [here](#).

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Good hand hygiene is very important on any sort of challenge and will help to prevent tummy problems. Wash your hands whenever you eat and use dry wash gel when washing facilities are not available.

