

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 bike ride. 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 25-30L
- Rucksack/Duffle bag
- Waterproof liner\*

## SLEEPING

- Sleeping bag
- Pillow

## 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
- Trekking sandals/trainers for river crossings
- Cycling shoes, cleats & pedals\*

## CLOTHING

- Technical/Dri-Fit t-shirts for cycling
- Hardwearing waterproof jacket and trousers
- Fleece/layer
- Thermals for cold days/nights
- Comfy casual clothes
- Swimwear
- Cotton scarf or Buff
- Loose shorts to wear over cycling shorts \*
- Smart clothes for the celebratory meal\*

## GENERAL EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Personal High energy snacks (cereal bars, dried fruit, chocolate, nuts) – snacks and fruit provided throughout ride
- Plastic bags for keeping clothes and docs dry
- Camera\*
- Contact lenses (plus spare glasses)\*
- Gaffa tape\*
- Alarm clock/watch\*
- Ear plugs\*

## SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Blister pads such as Compeed
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Dextrose tablets for extra energy\*
- Deep heat\*
- Knee supports\*

## TOILETRIES

- Personal toiletries
- Tissue/toilet paper
- Sun screen (min factor 30), Aftersun/moisturiser
- Anti-bacterial hand gel
- Talcum powder
- Dry wash\*
- 5 x 100 Krona coins to operate the showers at each camp

## DOCUMENTS

- Passport
- Tickets
- Photocopy of passport
- Debit / credit card
- Copy of travel insurance

**KEY** \* Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

# 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 duffel 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.

## 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 widemouth bottle with a drinking tube adaptor. Adding oral rehydration tablets or electrolyte powders to your water helps to maintain a correct electrolyte balance. 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 anti-bacterial hand gel or dry wash gel when washing facilities are not available.