

We recommend you take the below for your Golden Triangle cycle challenge.

## RUCKSACKS AND BAGS

- Day sack/bum bag/handle bar bag
- Rucksack/Duffle bag

## CYCLING GEAR

- Cycling Helmet (must be worn at all times while cycling)
- Cycling shorts- 2 pairs
- Cycling gloves
- Sunglasses
- Water bottles for bike
- Chamois Cream

## FOOTWEAR

- Comfy footwear for cycling
- Socks at least 5 pairs
- Training/comfy shoe/flip flops for evenings

## CLOTHING

- Technical/Dri-Fit t-shirts for cycling
- Long sleeve shirt (mosquito protection in the evenings)
- Lightweight fleece/layer for evenings
- Wicking t-shirt
- Comfy casual clothes for evening
- Swimwear
- Cotton scarf or Buff (to protect you from the dust)
- Baseball cap

## GENERAL EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Personal High energy snacks (tracker bars, dried fruit, chocolate, nuts) – snacks and fruit provided throughout ride
- Plastic bags for keeping clothes and docs dry

## SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Your own medication

## TOILETRIES

- Personal toiletries
- Baby wipes
- Shampoo/conditioner
- Travel towel
- Tissue/toilet paper
- Insect repellent containing DEET
- Malaria tablets under advice from your GP
- Sun cream (min factor 30) Aftersun/moisturiser

## DOCUMENTS

- Passport
- Visa
- Tickets (given to you at the airport)
- Photocopy of passport
- Cash in GBP
- Debit card
- Travel insurance

## OPTIONAL ITEMS

- Waterproof liner
- Gel seat
- Camera
- Cycling shoes, cleats & pedals
- Contact lenses/spare glasses
- Deep heat/freeze
- Ear plugs
- Gaffa tape
- Hiking shorts
- Knee supports
- Lip salve
- Sleeping bag & liner
- Smart clothes for the celebratory meal
- Spare laces

## PACKING

# MAKING THE MOST OF YOUR KIT

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. Some loose shirt and loose trousers to put over cycle gear when necessary will be very helpful, when cycling through certain small villages where villagers will appreciate that, as a sign of respect.

## 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 fluids need to 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 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.

# MAKING THE MOST OF YOUR KIT

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. Often hiring a quality piece of equipment is better than purchasing a cheap version.

