

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. We have tried to pare down this kit list to the absolute must-haves for your trip, 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/bum bag/handle bar bag
- Rucksack/Duffle bag 60-70L
- Waterproof liner\*

## CYCLING GEAR

- Cycling helmet (must be worn at all times while cycling)
- Cycling shorts (padded shorts are recommended)
- Cycling gloves
- Sunglasses
- Water bottle for the bike
- Chamois cream
- Sweat band\*
- Bike bell\*
- Gel seat\*
- Cycling shoes, cleats and pedals\*

## CLOTHING

- Technical/Dri-Fit/wicking t-shirts
- Long sleeve shirt (for mosquito protection at dawn/dusk)
- Waterproof and breathable jacket (GORETEX recommended)
- Lightweight fleece
- Sun hat, sunglasses
- Casual clothes for the evenings
- Long trousers/sarong to wear through local villages
- Cotton scarf/buff (against dust)\*
- Loose shorts to wear over cycling shorts\*
- Smart clothing for celebration meal\*
- Swimwear (dependent on hotel)\*

## GENERAL EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3L
- Personal high energy snacks (cereal bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Camera\*
- Gaffa tape for emergency repairs\*
- Ear plugs\*

**KEY** \* Indicates Optional

## FOOTWEAR

- Comfy footwear for cycling
- Socks
- Trainers/comfy shoes for evenings\*
- Spare laces\*

## SMALL FIRST AID KIT

- Your own medication (clearly labelled)
- Pain killers
- Plasters and blister plasters (eg Compeed)
- Zinc oxide tape
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Dextrose energy tablets\*
- Deep heat/freeze\*
- Knee support\*

## TOILETRIES

- Personal toiletries
- Anti-bacterial hand gel
- Tissues/toilet paper
- Insect repellent containing DEET
- Sun protection (min factor 30)
- Aftersun/moisturiser
- Dry wash\*
- Contact lenses (plus spare glasses)\*
- Baby wipes\*
- Travel towel\*

## DOCUMENTS

- Passport
- Visa
- Tickets
- Photocopy of passport
- Money / Debit card / Credit card – see Challenge trip notes
- Copy of travel insurance

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**. You can hire 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

## LUGGAGE AND PACKING

Your main luggage bag should be a holdall/duffle bag rather than a suitcase, this makes it easier to transport in the buses as they are more malleable. We recommend to keep your luggage to a maximum of 20kg, so don't overpack!

A useful tip for packing is to compartmentalise your clothing and you can use dry bags or zip lock bags to do this. For example, you could have a bag for underwear and socks; and another for t-shirts and pyjamas. The important thing is to not over pack and lay things out so you can see everything in one go. Make sure you have everything you need, then if you have space, add some additional things.

On a bike a decent [bum-bag](#) is hard to beat for carrying valuables and essentials. Protect valuables from rain with a small roll top 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 will be very helpful, especially when cycling through certain small villages where villagers will appreciate this sign of respect.

## SUN PROTECTION

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

## HYDRATION

At high temperatures and during exercise, your fluid needs increase dramatically and 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.

## HEALTH

Make sure you take a first-aid kit with you. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Don't forget to take an SPF stick for your lips as well.