

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 South Africa's Wild Coast Cycle 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

- Rucksack/Duffle bag
- Cycling rucksack (20-25 litre)
- Small Overnight bag (for 1 day on the challenge)
- Fully waterproof Dry bag for inside your cycling rucksack*

CYCLING GEAR

- Cycling Helmet (must be worn at all times while cycling)
- Cycling shorts (padded)
- Cycling gloves
- Cycling sunglasses
- Water bottles and hydration pack/bladder min 3 litres
- Water bottle for bike
- Chamois Cream
- Gel seat*

FOOTWEAR

- Comfy footwear for cycling
- Additional pair of lightweight trail shoes
- Cycling socks (at least 5 pairs)
- Long socks for the grass sections
- Comfy footwear for evenings
- If using cleats: MTB cycling shoes with grip (not road biking shoes, cleats and pedals)

CLOTHING

- Technical/Dri-Fit t-shirts for cycling (minimum 3)
- Lightweight fleece/layer
- Lightweight rain gear
- Wicking t-shirt (long sleeve)
- Comfy casual clothes
- Swimwear (pool in hotel)
- Buff (to protect you from the dust)
- Sun hat/cap

- Loose shorts to wear over cycling shorts *
- Smart casual clothes for the celebratory meal*

GENERAL EQUIPMENT

- Towels
- LED Head torch plus spare batteries
- Personal High energy snacks bars, dried fruit, chocolate, nuts
- Dry bags/plastic bags for keeping clothes and docs dry
- Phone charging battery pack*
- Camera*
- Small lightweight binoculars*
- Contact lenses (plus spare glasses)*
- Gaffa tape for emergency*
- Alarm clock/watch*
- Ear plugs*

SMALL FIRST AID KIT

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

TOILETRIES

- Personal toiletries
- Tissues
- Anti-bacterial hand gel
- Insect repellent containing DEET
- Sun screen, (min factor 50), Aftersun/moisturiser
- Dry wash*

DOCUMENTS

- Passport
- Visa
- 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 duffle is easier to find your kit in and less likely to be damaged than a framed backpack and should weigh no more than 20kg, so don't overpack!

You can take up to 23kg of luggage on the plane and should be able to leave a small bag at the hotel with fresh clothes to wear at the end of the challenge.

Please note: Due to the nature of the terrain, we strongly advise that you do not take your own bike. If you decide you really want to do this remember to bring spare hangars, brake pads and essential spares

CYCLING GEAR

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.

Please note: Cleated shoes without any grip (e.g. road bike shoes) will not be suitable for this challenge as there are sections where you need to walk and some slippery river crossings.

CLOTHES

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. As the route is quite exposed we recommend a minimum of factor 50 sun screen.

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 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.

GENERAL

It will be difficult to charge any devices on this trip. We recommend charged battery packs, solar chargers and spare batteries.

