

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 the cycle Vietnam. 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 30-40L
- Rucksack/Duffle bag 70-90L
- Waterproof liner*

FOOTWEAR

- Comfortable footwear for cycling
- Training/comfy shoe for evenings
- Socks
- Spare laces*

CLOTHING

- Cycling Helmet (MUST BE WORN AT ALL TIMES WHILST CYCLING)
- Cycling Shorts x 3 (padded for cycling is advisable)
- Lightweight fleece top
- Long Trousers / Sarong (to wear over your shorts in order to respect the local culture, when in villages – men & women)
- Long-Sleeved Shirt (Mosquito protection in the evenings)
- T-Shirts (Dri Fit technical T-shirts for cycling recommended)Bandana/buff for the cold
- Cotton Scarf or Buff (protect you from the dust)
- Insulated gloved/mittens
- Underwear (cotton light & loose – to avoid saddle sore in the heat)
- Smart clothes for the Celebratory meal*
- Swimwear dependant on hotel*
- Light weight cycling wind/waterproof jacket*
- Wide Brimmed Hat*

GENERAL CYCLING

EQUIPMENT

- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Cycling Gloves
- Sweat Band – to protect from sweat in your eyes
- Toe clips*
- Gel seat*
- Bike Bell*
- Camera and spare batteries*
- Contact lenses (plus spare glasses)*
- Gaffa tape for emergency repairs*
- Cord or string*
- Alarm clock/watch*
- Ear plugs*

SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Your own medication
- Vaseline/Chamois Cream
- Anti-histamine tablets

TOILETRIES

- Toothbrush, toothpaste, soap, baby wipes, lip salve
- Shampoo/conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper

- Insect repellent containing DEET
- Malaria tablets under advice from your GP
- After sun/moisturiser
- Sun protection (min factor 30)
- Dextrose tablets for extra energy*
- Dry shampoo*
- Dry wash*

DOCUMENTS

- Passport
- 2 passport pictures
- Tickets (given to you at the airport)
- Photocopy of passport
- Cash in US dollars
- Debit 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. 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 over pack!

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

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 wide mouth bottle with a drinking tube adaptor (click [here](#) for an example). 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.