

zambia cycle challenge, kit list



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; however, please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a discount on equipment and clothing from various well known suppliers and outdoor shops – for more information, please refer to the document “Kit Discount” which you will find in your member’s area in the “Challenge Pack” section once you have booked and paid your deposit.

If you would prefer to hire kit, please contact Outdoor Hire, a company specialising in the hire of top quality outdoor gear. They are working with Charity Challenge to provide all the kit you need for your challenge and offer a 10% discount to Charity Challenge customers who have booked onto one of our challenges. Simply obtain the promotional code by referring to the document “Kit Discount” which you will find in your member’s area, and then go to <http://www.outdoorhire.co.uk/charity-challenge/>, select the kit list for the challenge you have booked and follow the online instructions for how to hire the kit you need.

Try to use your equipment before you go – particularly your rucksack, cycling kit and sleeping bag (if camping) – as this will show up any manufacturing faults.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don’t need it, don’t bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night’s sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry and should not be worn on the trek).

Please check the luggage allowance with the airline that you are flying with and ensure that you do not exceed their regulations. Your main bag on the trek should not weigh more than 15kg if being carried by porters or guides. In line with our responsible tourism policy, it is important not to overload the porters and transfer agents who have to carry and transport your pack. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else.

If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don’t pack anything you will need again before or during the flight, such as medicine. Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as a toothbrush to freshen up on the long journey but please do remember that there are strict regulations governing the transport of liquids in hand luggage. For the most up-to-date air travel hand luggage rules, please consult the guidelines at <https://www.gov.uk/hand-luggage-restrictions/overview>.

Don’t pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When leaving the UK, we recommend that you wear your cycling gear, and take as much as possible in your hand luggage, especially a full day’s underwear and other clothing. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the challenge while we relocate any missing baggage.

item	take it?
baggage	
Large Rucksack or soft holdall (a suitcase is not appropriate)	Yes
Day Rucksack for on the bike (for suncream, camera, snacks etc)	Yes
clothing	
Cycling Helmet (MUST BE WORN AT ALL TIMES WHILST CYCLING)	Yes
Cycling Gloves (recommended for comfort)	Optional
Cycling Shorts x 3 (padded for cycling is recommended)	Yes
Loose Shorts (to wear over cycling shorts for modesty reasons)	Optional
Long Trousers (for mosquito protection in evenings)	Yes
Comfortable footwear for cycling (SPD can be taken but you must take your pedals too and be experienced using them)	Yes
Long-Sleeved Shirt/Top (for evenings & sun protection)	Yes
T-Shirts	Yes

Fleece (for evenings)	Yes
Waterproof jacket	Yes
Underwear	Yes
Socks	Yes
Sandals/Flip Flops/Trainers for evenings	Yes
Baseball/cycling cap (good to wear under helmet to shield from the sun)	Optional
Cotton Scarf/Buff (for cycling as the roads are dusty, also good to wet and cool yourself down)	Yes
Sightseeing clothes, Casual and Comfortable (You will need to take casual clothes for evenings and days off the bike)	Yes
If rafting after the cycle you should take a good quality dry bag, and clothes that you are happy to get wet.	Optional
hygiene	
Toothbrush & Toothpaste, Soap (Anti Bacterial Or Bio-Degradable), Shampoo/Conditioner (Bio-Degradable), Lip Salve With Sun Protection, Toilet Paper/Tissues/Wet Wipes(you will need this whilst on the cycle)	Yes
Razor & Cream, Sanitary Products (not easily available to buy in Zambia), Shower Gel, Travel Towel (there will be towels in the accommodation, an extra travel towel maybe useful), Deodorant, Hairbrush/Comb. There are no Hairdryers in the accommodation.	Optional
health	
Insect Repellent (containing DEET)	Yes
Vitamins	Optional
After Sun/Moisturiser	Yes
Sun Protection (factor 30 minimum)	Yes
Lip sun block	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport	Yes
Visa (see Zambia Fact File and 3 month Letter prior to your departure)	Yes
Air Travel Tickets (issued at the airport)	Yes
Cash (Zambian Kwacha)	Yes
Credit Card	Yes
Travel Insurance	Yes
Vaccination Certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Optional
other	
Gel seat and/or Saddle (advisable to take your own saddle or gel seat for comfort)	Yes
Camera & spare battery and memory card	Optional
Polaroid camera (locals love to be given a picture of themselves and this is a great way to give something back instantly)	Optional
Toe clips	Optional
Clip Pedals and relevant shoes (bring only if you have and are experienced in using them)	Optional
Seat/frame/handlebar bag (for small items such as snacks)	Optional
Sunglasses (good quality with high 100% UV protection)	Yes
Water bladder & or cycle bottles. Minimum 2 litres (Water Bladder Cycling bag recommended)	Yes
Odometer	Optional
High Energy Snacks (Tracker Bars, dried fruit and nuts, You will be provided with snacks on the cycle but please bring extra to supplement any specific dietary requirements)	Optional
Contact Lenses and glasses (bring spare lenses and glasses in case of dust)	Optional
Guide book/novel	Optional
Ear Plugs	Optional
Re-Sealable Plastic Bags (for laundry and toilet paper waste while on the cycle etc)	Optional
Note Book And Pen(s)	Optional
Alarm Clock, Watch	Yes
Nail brush (it gets dusty)	Optional
small first aid kit	
Pain Killers/Paracetamol	Yes
Adhesive Dressing (plasters), Compeed Blister Pads	Yes

Antiseptic wipes and Spray	Yes
Dioralyte Rehydration Sachets (at least 2 per day of your Challenge, you will be sweating and losing a lot of minerals and so these are great in rehydrating and replenishing when cycling)	Yes
Diarrhoea Tablets	Yes
Anti-histamine tablets (i.e.: Piriton)	Yes
Motion sickness tablets	Optional
Any Medication You Normally Use	Yes
Vaseline/ Chamois Cream	Yes