

# Equipment - Cyclists



The following is only a recommended guide of what you should consider bringing. A specific list will be given for your challenge, once you have booked your place. You will have to decide what you feel is essential. Check with your guidebook to see what may be needed and consult with your local GP for the current inoculations needed/recommended for the country you are visiting.

Please remember to wear your cycling shoes on the plane, as in the unlikely event of your luggage going missing you will still be able to continue with the challenge.

<b>Clothes</b>	
Cycling shorts - 2 pairs, padded lycra	Long sleeved tops - for sun protection
Cycle tops - 2 lightweight, wicking material, with pockets	Fingerless cycling gloves
Relaxing, light evening footwear	Socks - 2+ lightweight sports
Lycra running leggings	Trainers/cycling shoes - thick, stiff soles
Sun hat/bandana - neck protection	Underwear
Towel - small or quick-drying	Swimsuit
	Clothes for evenings & gala meal
<b>Toiletries (bio-degradable where possible)</b>	
Soap	Shampoo
Toothpaste/toothbrush	Female hygiene products
Lip balm (SPF)	Toilet paper & lighter
Sunscreen/Aftersun	Sunglasses
Hand sanitiser	Contact lenses etc
Wet ones	Ear plugs
<b>General</b>	
Energy drinks/bars/glucose sweets	Sleeping bag
Head torch/spare batteries & bulb	Roll mat/thermarest
Camera/film/memory cards/spare batteries	Sweatbands/buffs
Water bottle/platypus	Small day pack
Money belt	Guidebook
<b>Bike Equipment</b>	
Cycle helmet - essential	Cycle pump
Minimum 1 inner tube	Puncture repair kit
<b>Documents</b>	
Passport & copy	Insurance & copy
Local currency/US Dollars/GB Pounds/Euro	Credit card
Travelers cheques	1 passport-sized photo
<b>First Aid</b>	
General inoculations prior to departure recommended by GP	
Painkillers	Anti-histamines
Anti-inflammatory - ibuprofen	Insect repellent
Antiseptic cream	Plasters
Knee supports	Blister kit - Compeed
Heat (muscle warmer rub)	Anti-diarrhoea tablets - Imodium
Water purification tablets	Prescription drugs