

# Kit List

This list has been compiled by our local Ground Handlers and your cycling Expedition Leader.



**Please do take into account your own personal preferences and common sense!** We welcome feedback on how this list can be improved upon your return from your Challenge.

You will need a small day pack/bum bag/‘camel bak’ while cycling, to carry items such as camera, sun-screen etc. Some people find wearing a back pack uncomfortable due to the heat and humidity, but it’s your choice.

Item	Needed?	✓
<b>Baggage</b>		
Large holdall / suitcase to check in at Airport and to transport luggage	Yes	
Day pack/bum bag/camel bak – to wear when cycling	Yes	
<b>Clothing/Kit for cycling</b>		
Helmet – must be carried in hand luggage	Yes	
Trainers / cycling shoes	Yes	
Padded cycling shorts – ideally 2 pairs!	Yes	
T Shirts	Yes	
Socks and comfortable underwear	Yes	
Lightweight waterproof top – there maybe the occasional shower!	Yes	
Padded cycling gloves	Yes	
Sun glasses – with UV protection	Yes	
Bicycle water bottles x 2 (1 litre recommended)	Yes	
Pedals – bikes come with standard pedals, so you may wish to use toe-clips or SPD’s	Optional	
Bar ends	Optional	
Saddle / gel saddle cover – recommended for extra comfort	Optional	
Light weight cotton scarf to protect neck from sun	Yes	
<b>Other Clothing</b>		
Sun Hat	Yes	
Casual wear for evenings/travelling and transfer days	Yes	
Long sleeve top – to prevent mosquito bites and protection from the sun	Yes	
Underwear and socks	Yes	
Sweater / light fleece for the cooler evenings	Yes	
Sandals / trainers for evening and transfer days	Yes	
Swimming costume – there maybe an opportunity for a dip!	Optional	
<b>Health and Hygiene</b>		
Toothbrush, toothpaste, wet wipes (or equivalent), soap (anti-bacterial), shampoo, conditioner, lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, dry wash for keeping hands clean	Yes	
Insect repellent (containing DEET), sun lotion (minimum of factor 30), after sun / moisturiser, total sun block for nose and lips, Sudocream (for soothing/preventing saddle soreness!)	Yes	
<b>Other</b>		
Energy foods / snack bars for between meals and when cycling	Yes	
Isotonic / high energy drink / powders – try to use them when training to see if they suit you	Optional	
Mosquito coils if planning to sit outside	Optional	
Contact lenses (bring spares and also your glasses in case of emergency!)	Optional	
Padlock for baggage	Optional	
Ear plugs – useful when sharing a room	Optional	
Plastic bags – for dirty washing	Yes	
Camera with spare batteries and film	Yes	
<b>Personal First Aid Kit</b>		
Adhesive dressing (plasters), Antiseptic spray, Diahorrea tablets, Throat sweets, Re-hydration sachets, any other personal medication, Paracetamol, Dextrose tablets, Tubi-grip or equivalent for extra support if needed, small tub of Vaseline, Deep Heat or equivalent cream in case of sore muscles.	Yes	
<b>Documents</b>		
Passport (valid for 6 months AFTER your return) and photocopy, Visa for Vietnam, 2 x passport sized photos for entry into Cambodia, cash, credit card (for emergencies), Travel Insurance, Tickets or e-ticket receipt.	Yes	