

KIT LIST

COSTA RICA

COAST TO COAST CYCLE



INTRODUCTION

The kit list found towards the end of this document will detail everything that you need to bring with you on your challenge. In the kit list some items are marked as 'Required', if you do not bring these items the challenge leader may not let you begin the challenge on the grounds of safety. If the kit is marked as 'Optional' or 'Recommended' it is your choice whether you bring it or not, these are suggested items that we feel will be of some benefit to you during the challenge. Here are a few of the really important items on the kit list that you should consider investing in.

CLOTHING

Base layer – There is no need for a base layer on our Costa Rica Coast to Coast cycle. Your lightweight cycle jersey will act as a base layer.

Bib shorts - We would recommend bib shorts. The waistband of regular cycling shorts can dig in, whereas bib shorts forego the waistband by using shoulder straps to keep the shorts up and in place which is more comfortable and more supportive when cycling. Comfortable bib shorts are essential as you will be spending a long time in the saddle. So along with fit, the chamois (the vast majority are now synthetic) is the essential ingredient to happy cycling. One rider's armchair is another's bed of nails but there's plenty of choice to find a pad insert that works for you. Look for a pad which has anti-bacterial properties, is breathable (often with channels or perforations to draw sweat away) and has a multi-density construction (placing more foam padding where it's needed). As shorts are the only padding between your bum cheeks, the saddle and the road, it's worth investing in a good pair of shorts.



It is recommended not to wear underwear with cycle shorts. Cycle short designers put a lot of research into designing shorts to be as comfortable as possible. Therefore, wearing underwear can cause chafing between the pad and your skin. Long consecutive days of cycling could still cause you some discomfort so apply a saddle cream from day 1 of your challenge. There are lots of different brands out there - 'Assos chamois cream', 'Udderly Smooth' or even 'Metanium' or 'Bepanthen' nappy rash cream will help.

Our recommendation regarding saddle sore cream is to use it daily, start before you think you need it on day 1.

Short sleeved jerseys - A lightweight, technical short sleeve jersey is important in hot weather to move moisture away from your body, keeping you dry on hot days rather than drenched in sweat. Man-made, synthetic fabrics come into their own in hot humid weather. Fit is personal but look for a jersey which sits close to the skin and is therefore more aerodynamic while allowing the technical fabric to do its job.

Due to the climate in Costa Rica it can be very difficult to get cycling kit and clothes dry overnight, so space permitting we would recommend you bring as many spares cycling clothes as possible (ideally a minimum of four sets).



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We would recommend you pack one full cycle kit in your hand luggage just in case your main luggage goes missing. It will probably fold inside your helmet.

HELMET

Your helmet can be a life saver, so make sure it fits properly. Low, level and snug, that's how your helmet should sit on your head. Below are a few tips on how to get a perfect fit.

Your helmet should sit level on your head and the front of the helmet should cover most of your forehead. If the helmet tilts back and exposes your forehead, it's not going to protect you. Connect the chin strap and tighten it so that it's snug beneath your chin, you should not be able to pull the chinstrap forward over your chin when fastened. Adjust the side straps so that the point of the V sits just below your ears. In the end, you shouldn't be able to move the helmet more than an inch in any direction.



CYCLING SHOES & CLEATS

When cycling, it is highly beneficial to wear cycling shoes, whether it be with or without cleats. The main problem with cycling in trainers is that they're far too flexible and this results in your feet constantly having to flex which can result in uncomfortable soreness in your

feet. With every pedal stroke some power is lost as your shoe flexes and combined with the soreness you may experience you will begin to lose momentum and speed. Stiff-soled cycling shoes solve all these problems and ensure that the maximum amount of power finds its way from your legs into the pedals and ultimately onto the road.

Cycling with cleats is highly beneficial although not essential. When you cycle without cleats you can only push the pedals down, but when using cleats you also have the ability to pull the pedal up. Cleats will help you if you find your muscles aching, as you will also be pulling the pedals up so you could use 30% less energy and still be traveling at the same speed.

You need to have the knack of wearing cleats, so please ensure you do plenty of training beforehand if you decide to use them. If you are new to using cleats, we would suggest to start out using MTB (mountain bike) cleats as these are the easiest to learn to use. Don't try and learn to use cleats on the challenge itself.

You will only be riding mountain bikes on this challenge so there is no need to bring road bike cleats.

EQUIPMENT

Mobile Phones – are an essential item. Don't forget to make sure that your phone is fully charged. You will need to bring a portable battery pack so you can charge your phone along the route or at the accommodation (especially useful when you are camping).

Sleeping Bags and Ear Plugs - Participants need to bring their own lightweight sleeping bag (or a silk or cotton sleeping bag liner will usually be warm enough unless you are a generally cold person) and sleeping mat. We strongly recommend you invest in a good quality sleeping mat as if there is a storm we may need to sleep under cover on a concrete floor. You need to do everything you can to get a good night's sleep as you may be disturbed by traffic, dogs barking, cockerels crowing and your tent mates snoring, so we strongly recommend you bring and use ear plugs.



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The kit list below has been compiled by our local ground handlers and is based on recommendations from previous challenges. **Please do take into account your own personal preferences and common sense!**

It is highly recommended that to travel, you use a 'soft holdall' type of bag/large rucksack and not a hard rigid suitcase.

ITEM	REQUIRED	✓
Documents		
Passport (valid for 6 months AFTER your return) and photocopy	Yes	
ESTA travel authorisation (www.esta.cbp.dhs.gov/esta/) – only required if flights transit through America (this will be confirmed in the lead up to your challenge)	Yes	
Travel insurance documents	Yes	
Tickets or e-ticket receipt	Yes	
Cash and credit card (for an emergency)	Yes	
Baggage		
Large holdall/rucksack to check in at the airport and to transport belongings	Yes	
Day pack and bum bag – to wear when cycling	Yes	
Camelbak with bite valve covers (to keep bite valve clean)	Optional	
Clothing		
Padded cycling shorts – at least 4 pairs (we would recommend you bring 5 pairs, space permitting)	Yes	
Cycling jerseys/T-shirts – at least 4 (we would recommend you bring 5)	Yes	
Trainers/cycling shoes	Yes	
Padded cycling gloves	Yes	
Lightweight waterproof top – there maybe the occasional heavy shower!	Yes	
Lightweight cotton scarf (buff) to protect your neck from the sun	Yes	
Sun hat - wide brimmed as your neck needs protection from the sun	Yes	
Casual clothes for evenings and travelling	Yes	
Long sleeve top – to prevent mosquito bites and to give protection from the sun	Yes	
Sweater/light fleece for the cooler evenings	Yes	
Socks and comfortable underwear	Yes	
Sandals/trainers for evening and transfer days	Yes	
Swimming costume – there may be an opportunity for a dip!	Optional	
Kit		
Helmet – must be carried in hand luggage	Yes	
Pedals – bikes come with standard pedals, so you may wish to bring toe-clips or SPDs	Optional	
Bar ends – not all bikes have bar ends, so you may wish to bring your own	Optional	
Saddle/gel saddle cover – recommended for extra comfort	Recommended	
LED lights to attach to your bike in case it gets dark	Yes	
Bicycle water bottles x 2 (750ml recommended)	Yes	
Sleeping bag/sleeping bag liner – 1 to 2 season (lightweight that packs small)	Yes	
Good quality sleeping mat	Yes	
Ear plugs – useful when sharing a room	Optional	
Lightweight towel	Yes	
Sunglasses – with UV protection	Yes	



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Kit continued		
Head torch with extra batteries	Yes	
Mosquito coils if planning to sit outside	Optional	
Contact lenses (bring spares and also your glasses just in case)	Optional	
Camera with spare batteries and spare memory card	Optional	
Travel adapter for Costa Rica	Yes	
Padlock for baggage	Optional	
Plastic bags – for dirty washing	Yes	
Travel pillow	Yes	
Portable battery pack	Yes	
Health and hygiene		
Energy foods/snack bars	Recommended	
Isotonic/high energy drink/powders – try to use them when training to see if they suit you	Recommended	
Toothbrush, toothpaste, wet wipes (or equivalent), soap, shampoo, conditioner, lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, antibacterial hand gel	Yes	
Insect repellent (containing DEET), sun lotion (minimum of factor 50), after sun/moisturiser, total sun block for nose and lips, Chamois cream and Vaseline for soothing/preventing saddle soreness!	Yes	
Small personal first aid kit containing adhesive dressing (plasters), antiseptic spray, diarrhoea tablets, throat sweets, re-hydration sachets – very important, Paracetamol, Dextrose tablets, Tubi grip or equivalent for extra support if needed, Deep Heat cream or equivalent in case of sore muscles, Sudocrem or Vaseline for soothing/preventing chafing and any other personal medication.	Yes	

BUDGETING FOR YOUR KIT

General clothing – trousers, shorts, t-shirts, long sleeved tops, socks, sun hat etc.	£50 - £75
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It is difficult to give you an accurate budget when purchasing items of kit as it depends on a variety of different factors – how much of the above kit you already have, how often you plan to use it etc. if you are already or planning to become a seasoned cyclist you may want to invest in better quality kit than if this is just a once in a lifetime challenge.

Below are some approx. costs you could expect to pay for some of the key items:

Item	Approx. Cost
Cycling helmet	£30 - £75
Cycling shoes	£40 - £100
Backpack / Camelbak	£30 - £50
Cycling kit – shorts, jerseys, gloves	£100 - £150

