

# Kit List

## Kit Considerations

To help you prepare for the trip we have included a suggested list of kit to consider in addition to the usual clothes and wash bag you would pack for a trip. Please let us know if you want help in sourcing any of these items.

### Kit for on the bike

- Breathable brightly colored T-shirts or cycle jerseys (we can also provide high-visibility triangles if requested)
- Cycling gloves (makes riding more comfortable and safer)
- Cycling shoes or stiff soled shoes
- Fleece or warm sweater
- Padded cycling shorts
- Sunscreen
- Sunglasses
- Compass (not essential, but some people find one helpful)
- Light rain jacket (essential from October through May)
- Chamois cream (optional but some people swear by it to keep the saddle cheeks happy)
- Bandana (optional but good for protecting head or back of neck from the sun)
- First aid kit

### Other essentials

- Emergency contact details
- Favorite or needed medication
- Medical & travel insurance
- Small, lightweight camera

### Good things to have

- Mobile phone
- Favorite snacks for on the bike
- Swimming costumes & towel (for rivers and waterholes)

### ... and if you are bringing your own bike

- Bar bag or seat-post bag (we can provide seat-post bags if requested)
- Bike lock
- Lights
- Cycle computer
- Helmet (we can provide this, if requested)
- Spare inner tube and puncture repair kit
- Pump (we can provide this, if requested)
- Tools & spares for your make of bike
- Lubricant & solvent for maintaining chain
- Water bottles (we can provide these, if requested)