

Packing List

What to bring

In deciding what to bring, please use common sense and consideration for the other participants as the support vehicles have limited space.

Sectional Riders

Please note that the items and quantities listed below are for full tour riders. Depending on the length of your section, you will likely need much less stuff, including spare parts for your bike, our office is always available to help you decide what to bring and what to leave at home.

DOCUMENTATION AND IDENTIFICATION

Many riders scan all their important documentation onto a computer and then e-mail it to themselves. This way they can retrieve a printout while en route at any Internet café in the event that the originals are lost. You should also bring photocopies of all the documents listed below. It is suggested that you keep your valuables and important documentation in a ziploc bag or other waterproof container. The documentation and identification that you should bring are as follows:

- Passport with all required visas. Passport must be valid for six months beyond the end of the tour and have 4-8 blank pages remaining.
- Medical & travel insurance policy and contact information
- Proof of Yellow Fever vaccination
- List of your essential addresses and phone numbers

CAMPING GEAR

- 2 - 3 person tent – something light, that packs up small (keeping in mind that you will be living in this tent for over 100 nights. Consider your comfort as well).
- Sleeping bag rated for 3 seasons (0 degrees Celcius rating will keep you warm in Egypt and South Africa)
- Sleeping bag liner (preferably silk, can also be used on hot nights without the sleeping bag)

- Camping mattress or Thermarest
- Headlamp (with extra rechargeable batteries)
- Small tarp or groundsheet
- 5m of rope and clothes pegs
- Repair kits for tent, poles and mattress

CLOTHING

- 3 T-shirts
- 2 long sleeve shirts
- 1 set of thermal under layers (light weight)
- 1 pair of long pants
- 2 pair of shorts
- 1 fleece jacket
- 1 sun hat
- 1 pair of sandals
- 1 pair of lightweight hiking shoes
- 1 bathing suit
- 1 towel
- 1 rain jacket, windbreaker or vest
- 1 pair of rain pants
- 1 set of casual and compact dining wear

CYCLE CLOTHING

- 3-5 pairs of padded cycling shorts (a high quality chamois will be your greatest asset)
- 1 pair of cycling shoes (SPD's or a rigid walking shoe)
- 4 cycling jerseys or shirts, 1 long sleeved and 3 short sleeved
- 5 pairs of cycling socks
- 2 pairs of cycling gloves; 1 full-finger, 1 short
- 1 new and undamaged cycling helmet
- 2 pairs of sunglasses
- 1 pair of cycling pants (optional)
- Arm and leg warmers (optional)
- Reflective clothing

FIRST AID

Please see the list provided in the Medical bulletin for a list of first aid supplies to carry both on and off the bike

OTHER SUGGESTIONS

- Notebook, paper, and pens
- Smartphone
- Extra batteries
- Laptop/Netbook/iPad
- Digital camera
- Duct tape
- Ziploc bags
- Daypack
- Outlet adapter for foreign plugs

Cycling gear

ACCESSORIES

- Cycling computer
- Cable Lock
- Hi visibility vest
- Reflectors
- Bell

SPARE PARTS

If your bike has any exclusive components or hydraulics, you must bring the proprietary tools, fluids and parts to fix them. If your cassette, chain, pedals and/or bottom bracket are old, you should have them replaced prior to the tour. Before you purchase any bike parts make sure that they are compatible with you bike. Here is our suggested list of spare parts to bring:

- 1 chain
- 5 - 8 tubes
- 3 patch kits

- 1 brake and 1 derailleur cable with the appropriate housing and ends
- 2 set of brake pads
- 2 spare spokes in each length (drive and non-drive side lengths)
- 2 sets of tires (one non-folding will be stored separately on tour vehicles, one folding set can be stored in your permanent bag)
- 1 replaceable derailleur hanger
- If your bike uses thru-axles, consider bringing spares. If you lose one when removing your wheel, it can be very difficult to find replacements.

TOOLS

Most of the tools needed for the tour can be found on a good multi-tool. Any larger bike tools will be supplied by our mechanic. All that you need to bring are cleaning products and the basic tools that you will want to carry with you while riding. Here's a short list:

- Multi-tool
- Mini-pump
- Tire levers
- Chain break tool
- Gear brush
- 1 bottle degreaser
- Chain lube
- Rags

Please note that you should not try and bring enough lube and degreaser to last the whole trip. There are many places in larger cities that sell both of these items and you can restock as you need it. It will just add extra unnecessary weight to your bag.

What NOT to bring

Over the years, riders and crew have learned what is excessive. Here is a short list of some unnecessary equipment:

- **Cooking supplies** – We cook your meals or arrange meals at restaurants on riding days and you will find plenty of food locally on the rest days, so do not bring any camp stoves or other cooking equipment.

- **Plate, cup, bowl, cutlery** – On all of our tours where there are camp meals, we will provide the needed dishes and you will be responsible to wash them after each meal.
- **Pillows, blankets, and giant sleeping bags** – a three season bag good to 0 degrees is more than adequate. Bulky or excess pillows or blankets will be a waste of your limited space.
- **Mosquito net** – The reality is that your tent (if it doesn't have holes) is itself a mosquito net.
- **Excess clothes** – Most of the time you will be living in your cycling gear anyway. Pack light, pack smart.
- **Camping chairs** – No personal camp chairs will be loaded on the support trucks.
- **Hard cases** –hard cases for electronics, laptops and cameras are not recommended. They are bulky and will take up substantial space in your bags.
- **Bike cases and bags** – whether hard or soft, no bike cases are allowed on the tour. Your bike should be packed in a cardboard box for transport on the airplane. Your cardboard box will be disposed of before the start of your ride or given to other departing sectional riders. At the end of the tour all riders will be provided with a bike box for their journey home.
- **Floor pumps** – we supply quality floor pumps that are available to all the riders in camp. You only need a hand pump to carry with you while you ride.
- **Excess spare parts** – Many people overcompensate for the lack of spares available en route (in Africa/Asia). Don't go crazy with spares as they are generally heavy and bulky. Chain, cassettes, chain rings, and other spares add up to a lot of weight. Choose wisely when deciding what to bring.
- **Spare helmet, spare shoes** – Too bulky.
- **CO² cartridges** – It is illegal to carry these on an airplane, and these are not a practical item to bring on tour for refilling your tubes.
- **Wheels** – No rider is allowed to bring a spare wheel or wheel set. By wheel, we are referring to a built wheel consisting of the rim, spokes, and hub.