

RIDE INDIA 2018 - KIT LIST

The items listed below are recommendations from the experts and if you need to purchase anything prior to the trip you can get a discount on equipment and clothing from various suppliers. You can find out more, once you have booked and paid your deposit, in the Challenge Pack. We have also been offered a discount on hiring kit from Outdoor Hire, details of which can be found here www.outdoorhire.co.uk/charity-challenge

Try to use and wear your equipment before you go – particularly your rucksack, cycling gear, footwear and sleeping bag, in case there are any manufacturing faults or comfort issues. Bring as little as possible but bring everything you need. Travel light, following the general rule that if you don't need it, don't bring it and if you need to wear jewellery, keep it simple and inexpensive. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour – you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily – not jeans.

Your main bag on the trek should not weigh more than 15kg and your hand luggage should not exceed 5kg with maximum dimensions of 56x45x25cms. Pack your kit yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else. If possible, lock your bags before you check them through at the check-in desk. Make sure anything valuable, or that you will need during the flight, such as medicines, cash, passports and house keys is in your hand luggage but remember that there are strict regulations governing the transport of liquids in hand luggage.

Don't pack valuables, cash, fragile or perishable items in your hold luggage and when leaving the UK, we recommend that you wear your cycling gear, and take as much as possible in your hand luggage, especially a full day's underwear and other clothing. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the challenge while we relocate any missing baggage.

ITEM	TAKE IT?
Baggage and sleeping	
Large rucksack or soft holdall (a suitcase is not appropriate)	Yes
Day rucksack (for sun cream, camera, spare battery and memory card, water bottles etc)	Yes
Clothing	
Cycling helmet (MUST BE WORN AT ALL TIMES WHILE CYCLING)	Yes
Cycling gloves for protection and warmth (mornings can be very cold)	Yes
Cycling shorts x 3 (padded for cycling is advisable)	Yes
Loose shorts (to wear over cycling shorts for modesty reasons)	Optional
Long trousers / sarong (to wear over your shorts to respect the local culture, when stopping in villages/temples – men & women)	Yes
Comfortable footwear for cycling	Yes
Long-sleeved shirt/top for evenings	Yes
T-shirts	Yes

Long trousers or skirt and long-sleeved top (for visiting temples and evenings may cool down a fair bit)	Optional
Good quality fleece (essential for warmth)	Yes
Waterproof / windproof jacket (essential for those early mornings)	Yes
Swimwear (there are swimming pools)	Yes
Underwear (cotton, light & loose – to avoid saddle sore in the heat)	Yes
Socks	Yes
Sandals/flip flops/trainers for evenings	Yes
Wide brimmed hat	Optional
Cotton scarf/buff (for cycling on dusty roads and temple visits)	Yes
Sightseeing clothes, casual and comfortable (you will need to take casual clothes for evenings and day sightseeing)	Yes
Hygiene	
Toothbrush & toothpaste, soap (antibacterial and bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, toilet paper/tissues/wipes (you will need this while on the cycle)	Yes
Razor & cream, sanitary products (not easily available to buy in India), shower gel, travel towel (there will be towels in the accommodation, an extra travel towel maybe useful), deodorant, hairbrush/comb, There are no hairdryers in the accommodation.	Optional
Health	
Insect repellent (containing DEET)	Yes
Insect killer (mosquito coil or plug in)	Optional
Vitamins	Optional
After sun/moisturiser	Yes
Sun protection (factor 30 minimum)	Yes
Documents (where relevant, please leave a copy at home with your next of kin)	
Passport	Yes
Visa (see India Fact File and 3 month letter prior to your departure)	Yes
Air travel tickets (issued at the airport)	Yes
Cash	Yes
Credit card	Yes
Travel insurance	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attention needed in country, originals not necessary)	Optional
Other	
Gel seat and/or saddle (advisable to take your own saddle or gel seat for comfort)	Yes
Camera & spare battery and memory card	Optional
Toe clips	Optional
Clip pedals and relevant shoes (bring only if you have and are experienced in using them)	Optional
Seat bag / frame bag) (for small items such as snacks)	Optional
Sunglasses (good quality with 100% UV protection)	Yes
Water bladder & bottle. Minimum 1 - 2 litre each (Water bladder cycling bag recommended)	Yes
Odometer	Optional
High energy snacks (cereal bars, dried fruit and nuts, You will be provided with snacks on the cycle but please bring extra to supplement any specific dietary requirements)	Optional

Contact lenses and glasses (bring spare lenses and glasses in case of dust)	Optional
Guide book/novel	Optional
Ear plugs (it can get very noisy when staying in the towns)	Optional
Re-sealable plastic bags (for laundry and toilet paper waste while on the cycle etc)	Optional
Note book And pen(s)	Optional
Alarm clock, watch	Yes
First aid	
Pain killers/Paracetamol	Yes
Adhesive dressing (plasters), Compeed blister pads	Yes
Antiseptic wipes and spray	Yes
Dioralyte rehydration sachets (at least 2 per day of your challenge, you will be sweating and losing a lot of minerals and so these are great in rehydrating and replenishing when cycling)	Yes
Diarrhoea tablets	Yes
Anti-histamine tablets (eg Piriton)	Yes
Motion sickness tablets	Optional
Vaseline/ Chamois Cream	Yes
Any medication you normally use	Yes