



**Dream
Challenges**



preparing for you challenge:

kit list

What to Pack

Using our experience of this type of event and working in conjunction with local guides we have compiled a suggested kit list for your guidance.

We do not recommend packing anything that you haven't tested regularly in training.

When the time comes to pack for your challenge, we recommend packing as lightly as possible, ideally in a soft yet robust bag. Your luggage will be transported between accommodation in a van each day during the challenge, so should be durable.

It can be useful to keep a day's worth of clothing in your hand luggage in case the airline inadvertently separates you from your main bag.

Items listed here are purely recommendations, so please take into account your personal preferences and common sense.

enjoy the event!

Item	Recommended / Essential	How Many?	Notes	Tick
BAGGAGE				
Main Holdall / Suitcase	Essential	1	Recommended no more than 15kg.	<input type="checkbox"/>
Day Bag / Small Rucksack	Essential	1	This will be transported for you between rest stops	<input type="checkbox"/>
Triangle Bike Bag	Recommended	1		<input type="checkbox"/>
KIT FOR CYCLING & CLOTHING				
Trainers / Cycling Shoes	Essential	1 pair		<input type="checkbox"/>
Padded Cycling Shorts / Cycling Shorts	Essential	3 minimum		<input type="checkbox"/>
Cycle Jerseys / T-Shirts / Breathable T-Shirts	Essential	3 minimum		<input type="checkbox"/>
Long-Sleeved Lightweight T-Shirts – for covering arms in the sunshine	Recommended	2		<input type="checkbox"/>
Neck Buff – protects neck / face from sun and dust	Recommended	1		<input type="checkbox"/>
Socks – for cycling and non-cycling days	Essential	1 pair per cycling day		<input type="checkbox"/>
Underwear – we advise not to wear these when cycling	Essential	1 per day		<input type="checkbox"/>
Lightweight Waterproof Jacket & Trousers	Essential	1 of each		<input type="checkbox"/>
Sunglasses – with UV protection	Essential	1		<input type="checkbox"/>
Casual clothes - for evenings and travelling	Essential	1 outfit per day		<input type="checkbox"/>
Bum Bag / Over shoulder hand bag – for non-cycling day	Recommended	1		<input type="checkbox"/>
Celebration evening outfit	Recommended	1	Smart / Casual	<input type="checkbox"/>
Baggy/Paschima Trousers	Essential	1 pair	To cover knees when in temples	<input type="checkbox"/>
Sleepwear – appropriate for room share	Essential	1 outfit		<input type="checkbox"/>
Light Jumper – for cooler evenings	Essential	1		<input type="checkbox"/>
Swimwear	Recommended	1 outfit		<input type="checkbox"/>

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Item	Recommended / Essential	How Many?	Notes	Tick
EQUIPMENT & OTHER				
Cycle Helmet	Essential	1		<input type="checkbox"/>
Padded Cycling Gloves – protect your hands from impact	Essential	1 pair		<input type="checkbox"/>
Hydration Pack – to wear when cycling	Recommended	1	2 litre capacity	<input type="checkbox"/>
Bicycle Water Bottle	Essential	1	1 litre capacity – in addition to hydration pack	<input type="checkbox"/>
Saddle / Gel Cover	Recommended	As required	Do not bring seat post	<input type="checkbox"/>
Pedals – recommended if you trained with them	Recommended	As required	Do not bring pedal crank arms	<input type="checkbox"/>
Tools to adjust bike i.e., allen key/spanner	Essential	1 kit	The event mechanics will also have tools	<input type="checkbox"/>
Puncture Repair Kit and two inner tubes	Recommended	1 kit		<input type="checkbox"/>
Small Waterproof Bag – to keep essential items dry	Recommended	1	Can use sandwich bags	<input type="checkbox"/>
Mobile phone and charger	Essential	1	Please tell the office your mobile number	<input type="checkbox"/>
Camera and charger	Recommended	1		<input type="checkbox"/>
Travel plug	Essential	1	Top tip – bring an extension lead so you only need 1 travel plug	<input type="checkbox"/>
Energy snacks – for between meals and when cycling	Essential	As required	Please bring things like jelly/sugar sweets, cereal bars, energy bars, salted nuts	<input type="checkbox"/>
Portable charger	Essential	1		<input type="checkbox"/>
Rehydration sachets / tablets – try to use them when training to see if they suit you	Essential	1 or 2 per day	Essential to replace lost salts	<input type="checkbox"/>
Purse/Wallet or money belt	Essential	1	Make sure your money is safe at all times	<input type="checkbox"/>
Contact lenses / glasses – bring spares	Essential if needed	As required		<input type="checkbox"/>

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EQUIPMENT & OTHER CONTINUED				
Padlock for main luggage	Recommended	1	For flight and when you are not with your luggage	<input type="checkbox"/>
Ear plugs – useful when room sharing	Recommended	1 pair		<input type="checkbox"/>
Plastic bags – for dirty washing	Recommended	4		<input type="checkbox"/>
Wet wipes – to clean your hands from chain oil	Recommended	1 small packet		<input type="checkbox"/>
HYGIENE & PERSONAL FIRST AID KIT				
Toothbrush, Toothpaste, Shampoo, Body Wash, SPF Lip Salve, Deodorant, Tissues, Sun Lotion (minimum factor 30), After Sun / Moisturiser	Essential	As required		<input type="checkbox"/>
Anti-Bacterial Hand Gel	Essential	1 small bottle	Useful to use before meals	<input type="checkbox"/>
Sanitary Products	Recommended	As required	Women are advised to take tampons / sanitary towels irrespective of timing	<input type="checkbox"/>
Chamois Cream – for soothing saddle soreness	Recommended	As required		
Painkillers, Anti-Inflammatories (not for asthmatics), Diarrhoea Relief, Antiseptic Wipes, Plasters, Blister Plasters, Antihistamine Cream	Essential	Supplies of all		<input type="checkbox"/>
Sufficient supplies of any existing medication (e.g., Inhalers, Epi Pen) – also bring a copy of your prescription	If applicable	As required	Anyone who takes medication, please bring a list of what you take in your day bag	<input type="checkbox"/>



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Item	Recommended / Essential	How Many?	Notes	Tick
DOCUMENTS				
Passport and a copy	Essential		Copy needed in case passport is lost	<input type="checkbox"/>
Travel Visa	If applicable			<input type="checkbox"/>
Travel Tickets – will be given to you at the airport	Essential			<input type="checkbox"/>
Copy of your travel insurance details	Essential			
Credit Card / Debit Card	Essential		Let your bank know you are travelling abroad	<input type="checkbox"/>
Vaccination Certificates	If applicable		Speak to you Travel Nurse	<input type="checkbox"/>
Local cash in small denominations	Essential		Approximately £150-£200 worth	<input type="checkbox"/>

