

# Thailand Cycle Kit List



## Bike Clothing

- Bike Helmet (compulsory)
- Bike Gloves
- Padded Cycling Shorts x2
- Cycling Jersey x3
- Lightweight T-Shirts x3
- Sweat Wicking Undergarments x2
- Cycle Shoes
- Cycle Socks x3

Clothes can be washed manually in the evening and will be dry by the morning due to the heat. There will be an opportunity for a laundry service from the hotel on Day 6 where all clothes can be properly washed.

## Other Clothing

- Casual Clothing (for when not cycling - Day and Evening)
- Shoes / Trainers / Sandals

## Bike Kit

- Bike (unless you are hiring)
- Pedals (you will need your own pedals even for hire bikes)
- Bike Computer
- Water Bottle / Camelbak (to be used when cycling)
- Small Waterproof Backpack / Bento Box (for accessible food / phone)
- Spare Inner Tubes x 4 (at least!)

## **Luggage / Packing Equipment**

- Holdall / Suitcase (for everything in the support vehicle)
- Packing Sacks and Dry Sacks
- Plastic Bags (for wet clothes and separating items)

## **Hygiene & Health**

- Toiletries
- Sun Protection
- Baby Wipes (or similar)
- Anti-Insect Spray
- Anti-Chafe Cream
- Prescribed Medication (if applicable)
- Basic First Aid Kit (Guides will carry as well)

## **Nutrition**

A number of meals and snacks are provided throughout the challenge but it is fine to bring additional energy bars, gels and other snacks you are used to consuming. You will also be able to purchase meals when they are not included in the package price.

## **Documentation / Other**

- Passport
- Travel Documents
- Travel Insurance (to cover you for cycling activities)
- Mobile Phone & Charger
- Asian Plug Adapter
- Currency (Thai Baht)
- Power Bank Charger(s)