



Item	Recommended / Essential	How Many?	Notes	Tick
<b>BAGGAGE</b>				
Main Holdall / Suitcase	Essential	1	Recommended no more than 15kg-20kg.	<input type="checkbox"/>
Day Bag / Small Rucksack	Essential	1	This will be transported for you between rest stops	<input type="checkbox"/>
Small bike Bag or under seat bike bag	Recommended	1	For small essentials, like suncream, tissues, sunglasses	<input type="checkbox"/>
<b>KIT FOR CYCLING &amp; CLOTHING</b>				
Cycle Helmet	Essential	1	Please add cycle helmet and 1 set of cycle clothes in your hand luggage. Note that you are not allowed to cycle without a helmet.	<input type="checkbox"/>
Own Saddle/pedals/ handlebar/ stem extender/bar ends	Optional	1	Only If you prefer your own saddle, pedals, handlebar and/or bar ends.	<input type="checkbox"/>
Trainers / Cycling Shoes	Essential	1 pair		<input type="checkbox"/>
Padded 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	Recommended	2	For covering arms in the sunshine and when it's cooler in the evenings.	<input type="checkbox"/>
Neck Buff – protects neck / face from sun and dust.	Recommended	1	Neck buff is also great for cooling down with ice or cold water	<input type="checkbox"/>
Socks – for cycling	Essential	cycling days		<input type="checkbox"/>
Underwear	Essential		Note we advise not to wear these under padded cycle pants	<input type="checkbox"/>
Lightweight waterproof cycle 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	Number own decision	Add a light jumper – for cooler evenings	<input type="checkbox"/>
Bum Bag / Over shoulder handbag – for non-cycling day	Recommended	1		<input type="checkbox"/>
Celebration evening outfit	Recommended	1	Smart / Casual	<input type="checkbox"/>
Swimwear	Recommended	1 outfit		<input type="checkbox"/>



# Dream Challenges

## preparing for your challenge:

Item	Recommended / Essential	How Many?	Notes	Tick
<b>EQUIPMENT &amp; OTHER</b>				
Cycle Helmet	Essential	1	Please add cycle helmet and 1 set of cycle clothes in your hand luggage	<input type="checkbox"/>
Padded Cycling Gloves – protect your hands from impact	Essential	1 pair		<input type="checkbox"/>
Hydration Pack (e.g. Camelbak) – to wear when cycling and/or Refillable bicycle water bottles.	Essential	1	You must carry 2 litres of water/fluids with you on the bike rides, in Camel bag or in reusable water bottles. Advise to use one water bottle for dehydration salts/sachets.	<input type="checkbox"/>
Own Saddle / Gel Cover	Optional	As required		<input type="checkbox"/>
Pedals – recommended if you trained with them	Optional	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 have tools, but it saves time if you can do small adjustments yourselves.	<input type="checkbox"/>
Bike lights	Essential	1	We are not allowed to cycle in the dark but used for rainy days and unforeseen circumstances.	<input type="checkbox"/>
Small Waterproof Bags – to keep essential items dry	Recommended	1	You can also use freezer bags	<input type="checkbox"/>
Mobile phone and charger	Essential	1	Please always contact your phone provider for advice. There is always the option of buying an E-sim in advance in the UK.	<input type="checkbox"/>
Camera and charger (extra batteries)	Recommended	1		<input type="checkbox"/>
Adapter / Travel plug	Essential	1		<input type="checkbox"/>
Energy snacks and – for between meals, rest stops and when cycling	Essential	As required	Please bring things you like and are used to e.g. jelly/sugar sweets, cereal bars, energy bars, salted nuts	<input type="checkbox"/>
Portable charger	Essential	1		<input type="checkbox"/>
Rehydration sachets / tablets / electrolytes – try to use them when training to see if they suit you	Essential	1 or 2 per day	Essential to replace lost salts, advise to add these to the bicycle water bottle	<input type="checkbox"/>
Purse/Wallet or money belt	Essential	1	Make sure your money and passport are always safe. Note this is your responsibility.	<input type="checkbox"/>
Contact lenses / glasses	Essential if needed	As required	Bring spares	<input type="checkbox"/>

## preparing for your challenge:

Item	Recommended / Essential	How Many?	Notes	Tick
<b>EQUIPMENT &amp; OTHER CONTINUED</b>				
Padlock for main luggage	Recommended	1	For flight and when you are not with your luggage	<input type="checkbox"/>
Ear plugs	Recommended	1 pair	Useful when room sharing	<input type="checkbox"/>
Wet wipes – to clean your hands from chain oil	Recommended	1 small packet		<input type="checkbox"/>
<b>HYGIENE &amp; PERSONAL FIRST AID KIT</b>				
Toothbrush, Toothpaste, Shampoo, Soap -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	Use before any meals and after use of toilets	<input type="checkbox"/>
Sanitary Products	Recommended	As required	Women are advised to take tampons / sanitary towels irrespective of period timings.	<input type="checkbox"/>
Chamois Cream – for soothing saddle soreness	Recommended	As required		<input type="checkbox"/>
Insect / mosquito repellent	Recommended	As required	Also discuss with your GP or Travel Clinic	<input type="checkbox"/>
Personal first aid kit with over-the-counter medicines: paracetamols / ibuprofen, Anti-Inflammatories (not for asthmatics), Anti sickness tablets, Diarrhoea Relief, wound cleaning spray or wipes, Plasters, Blister Plasters, steri-strips, Antihistamine Cream, ORS tablets or sachets	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"/>



## preparing for your challenge:

Item	Recommended / Essential	How Many?	Notes	Tick
<b>DOCUMENTS</b>				
Passport and a copy	Essential		Copy needed in case passport is lost. Bring a hard copy and a copy on your phone.	<input type="checkbox"/>
Travel Visa	If applicable			<input type="checkbox"/>
Travel Tickets	Essential			<input type="checkbox"/>
Copy of your travel insurance details	Essential		Hard copy and copy on your phone	
Credit Card / Debit Card	Essential		Let your bank know you are travelling abroad	<input type="checkbox"/>
Vaccination Certificates	Essential		Speak to your GP or Travel Clinic well in advance for any (repeat) inoculations. Please always take you vaccinations papers/booklet with you.	<input type="checkbox"/>
Local cash in small denominations	Essential			<input type="checkbox"/>