



BIKING • SEA KAYAKING • HIKING • WILDLIFE TOURS

South Africa Cycling Tour Packing List

___ **PASSPORT!** Make sure that it DOES NOT Make sure that it does not expire within 6 months of completion of your tour! Make 2 photocopies of the photo and signature pages of your passport and any other valuable documents you might carry with you. Travel with one copy stored in a separate place from your passport. Leave the other copy at home with a relative or friend (ideally the same person you gave as your emergency contact). In the event that any of your documents are lost or stolen, this will greatly assist the process of replacement.

___ Passport pouch to carry passport and money around your neck

CLOTHING:

___ Bike hat, visor or baseball cap

___ Bandanna or sweatband

___ Bike jerseys - 2, bright colors for visibility, breathable & comfortable

___ Short sleeved and sleeveless shirts – 2, synthetic quick drying fabric for evenings

___ Long-sleeved shirt - synthetic quick drying fabric for evenings

___ Long-sleeved t-neck or bike jersey - mid-weight synthetic for layering

___ Light sweater – fleece or wool

___ Light windbreaker – (optional) bright color cycling jacket for visibility

___ Underwear - sports bras for riding

___ Bike shorts - 2, padded lycra cycling shorts to prevent chafing

___ Bike tights

___ Shorts

___ Long pants - synthetic quick drying fabric, zip-off leg convertible pants are great

___ Skirt - casual dress

___ Swimsuit

___ Rain suit - **BOTH JACKET W/ HOOD & PANTS**, gore-tex or waterproof nylon

___ Socks - 2 pr ea. cycling & walking

___ Comfortable shoes for walking - stiff soled if used for riding, avoid heavily lugged soles if using pedals with toe clips & straps

___ Bike shoes - **STRONGLY RECOMMENDED** to increase pedaling efficiency & reduce foot fatigue, NOTE: if using clipless pedals we recommend mountain bike or touring style shoes so you will have a recessed cleat for walking

___ Sandals - (optional) wear with bike socks to avoid getting blisters from straps

___ Toilet kit - buy travel-size samples of your regular items, feminine hygiene products, Ziploc bag lotions to prevent spills

___ Insect repellent

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- Waterless hand sanitizer 2 oz. - clean hands will keep you healthy
- Personal medications - keep all prescription meds. in original, labeled containers
- "Baby-wipe" towelettes - (optional) for quick clean up anytime
- Personal first aid kit: anti-inflammatory, anti-diarrhea, anti-acid, anti-biotic cream, antihistamine / decongestant tablets, Vaseline, hydrocortisone cream, band-aids, tampons, eye drops, sunburn ointment, 1" white athletic tape, second skin for blisters
- Sunscreen & lipscreen - SPF 30 min., sweat proof so it will not run in your eyes
- Small flashlight with extra batteries, LED headlamps are versatile and good nightlights in hotel rooms
- Small travel alarm clock
- Portable laundry kit packed in a Ziploc bag - 1 cup powdered laundry detergent in 1 qt. ziploc bag, 10-12 clothes pins & 25 feet of light nylon cord for clothes line
- Plastic laundry bag - for dirty laundry / damp swimsuit
- Ear plugs - 2 pr., a MUST for sound sleep, European towns can be noisy

OPTIONAL ITEMS: Electrical systems are 220V & wall outlets accept EU-style 2 round-prong plugs. Electrical items must have 220V capacity & bring an EU-style 2 round-prong plug adapter. If your electrical equipment is 110 volt, you will also need a transformer.

- Camera in protective case - new & spare batteries, extra film / media cards, lens cleaner, lens tissue, lens brush, mini table-top tripod
- Extra freezer weight Ziploc bags of assorted sizes
- Small "hotel size" sewing kit
- Guidebook
- Phrase book / dictionary
- Paperback book(s)
- Small sketchbook, journal, notebook, pen
- Postcards from home – a few to show the staff and others
- Address book – for all those postcards you will want to send
- Small calculator - to calculate exchange rates
- Electrical plug adapter - European style 2-round prong for 220V appliances
- Voltage transformer - if your electrical equipment is 110 volt
- Cell phone - must be tri-band with international service, activate US international service at least 1 week prior to your trip & check its operation

ESSENTIAL BIKE GEAR:

- BIKE HELMET** – all riders must wear them, check old helmets for cracks & replace! We can provide helmets with the bike rentals – just let us know in advance.
- SUNGLASSES** - a MUST for eye protection, bring a spare pair



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__ **BIKE GLOVES** - a **MUST** to protect your hands from nerve damage while riding & abrasion if you fall, short or long fingered

__ **WATER BOTTLE** - or Camelbak-style hydration system with an extra mouthpiece

OPTIONAL BICYCLE GEAR:

__ Rearview mirror – to fit on helmet, glasses or handlebars

__ Your own personal bike seat (**ONLY SEAT WITHOUT THE SEAT POST ATTACHED**)

__ Padded seat cover

__ Toe clips & straps (rental bikes have flat pedals without toe clips & straps)

__ Clipless pedals & your own bike shoes with cleats installed

NOTES ON YOUR PERSONAL BICYCLE EQUIPMENT:

BIKE HELMET – The pros wear them and so should you! A good helmet, along with your own common sense, is your best protection against the lifelong debilitation a head injury can cause.

SUNGLASSES –T A good pair of sunglasses is all it takes to **prevent an eye injury** from road debris or an insect. Make sure they fit properly with your helmet. Consider replaceable or photochromatic lenses for different light levels, and bring a spare pair.

TOE CLIPS & STRAPS –T (optional) Rental bikes come with flat pedals. If you want toe clips and straps, please **bring your own**. To make it easy, simply purchase a new set of toe clips & straps and we will install them for you. Also, shoes with flat soles are safer than lugged soles for pulling your foot out of the pedal.

CLIPLESS PEDALS – (optional) Clipless pedals are **great for control and pedal power, but trying them for the first time on a tour may not be the best idea**. For your personal safety, you must be comfortable riding, stopping and starting in traffic and on hills. If you bring clipless pedals, make sure to bring bike shoes with the correct cleats. For bike touring, we suggest **Shimano SPD pedals**. The release is adjustable and the recessed cleat makes walking safer and easier.

BIKE SHOES –T (optional) Simply put, a properly fit bike shoe will **increase your pedaling efficiency and reduce foot fatigue**. For bicycle touring, we recommend either a mountain bike or touring style shoe rather than a racing shoe. These styles flex a bit to make walking easier, and if you use clipless pedals, your cleat will be recessed for safer walking. If you have custom footbeds or orthotics, consider trying them in your bike shoes.