

PACKING LIST



GENERAL ITEMS

Riders will be allowed to take one bag on the journey. This bag will need to have space for your sleeping bag and pillow. The maximum size of your bag will be 100cm (L) x 36cm (H) x 39 (W), a soft tog bag of max 20 kg.

ITEM	PACKED
Passports! (We suggest you carry an original certified copy of your passport in case it gets lost Store these in a zip lock bag.)	
Sunglasses	
Spare contact lenses (if applicable)	
Pillow, warm sleeping bag and bottom sheet if required	
Towel for showering	
A good quality torch	
Mosquito repellent	
Malaria prophylactics (at your discretion)	
Personal toiletries	
Sunblock, eye drops and lip balm	
Camera with spare batteries	
Binoculars (a small pair is preferable)	
Cash, credit cards and medical aid card	
Basic medical kit with anti-inflammatory medication, painkillers, anti-histamines, space blanket and emergency or personal medication	
Cell phone with pin deactivated (you will need international roaming).	
Cell phone charger and Power Bank	
Ziploc Bags, one big one for each day	
Mountain paper (loo paper)	
Bio-degradable washing powder kit	
Earplugs	
Sandals to shower in	
Wet wipes	
Hand Mirror	
Shoe bag	

The luggage will be transported from camp to camp. It is requested that participants assist with the following:

- a. Carry their bags to the end of their tent groups so staff can load them onto trucks.
- b. No attachments to your bag will be allowed as they will get lost or damaged in transit.
- c. In your registration bags you will be given luggage tags, which are colour-coded according to your riding group.
 - Please ensure that these tags are securely attached to your luggage so that when your luggage is offloaded at camp, we know which tent row it belongs to.
 - Make sure your sleeping bag is properly rated. Minus 8 and below will do.
 - Bring a pillow and a bedsheet for maximum comfort.
 - Most riders overpack, pack wisely. You have to carry your own bag, so be kind to yourself and pack smart. Just like your bike you can shave weight.



CAMPING CLOTHES

ITEM	PACKED
Cycling clothes (2-4 sets)	
Your own energy drink preference	
Shoes and extra pair of shoes with cleats	
Helmet	
Gloves (2-3 pairs)	
Undershirts (3 sets)	
Sweatband / Buff (if required)	
Leggings	
Socks (5-6 pairs)	
Sleeves	
Warm jacket	
Sunglasses	
Jeans	
Track suite	
Jersey	
Beanie	
Hat	
T-shirt	
Shorts	
Medicine	
Anti-chaffing cream / Bum cream (for saddle sores)	
Multivitamin	
Cramping tablets	
Rehydrates	
Cold and flu tablets	
Nausea tablets	
Small first aid kit	
Anti-histamines	
Diarrhoea tablets	
Lip ice	



CYCLING KIT

ITEM	PACKED
Hydration Pack and water bottles (compulsory) - minimum 3 litres carrying capacity	
Helmet (mandatory)	
Cycling Kit - 4 sets of clothing for each day of riding - there are no washing facilities (you will receive one Nedbank Tour de Tuli cycle shirt. We will update you as to whether we receive sponsorship for a second shirt.)	
Arm warmers for the chilly early mornings and to keep the sun off your arms during the day	
Mountain bike specific cycling shoes, socks and gloves	
Heart rate monitor (if required)	
A GPS is useful if you have one	
Buff or something similar	

RECOMMENED BIKE SPARES

ITEM	PACKED
NB! Make sure your bike is tubeless and your sealant is topped up, a little extra won't be a bad idea	
Multi tool with chain breaker	
2 sets of chain links, make sure they the correct speed for your bike (9, 10, 11 or 12spd)	
Duc Tape - A little bit of duc tape could go a long way	
Puncture repair kit with gator and plugs, a set of thin and thick plugs would be recommended	
Pump	
CO2 bombs as a back-up if the pump can't get the job done	
Tyre levers	
Spare tubes with slime	
Spare valves (tubeless)	
Extra derailleur hanger that fits your bike	
Sun block	
Water bottle	
Camelback and bladder (3L Hydration pack)	
Chain lube	
Spoke Key	
Spare Spoke (if you have unusual spokes, lengths etc)	
Cable ties, if the Dec Tape doesn't work	
Shock pump (1 per group)	
Bike lock	