

Kit List

Vietnam to Cambodia



This list has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions. **Please do take into account your own personal preferences and common sense!**

We welcome feedback on how this list can be improved upon your return from your Challenge.

Item	Needed?	✓
Baggage		
Large holdall / suitcase to check in at Airport and to transport luggage	Yes	
Day pack/bum bag/camel bak . to wear when cycling	Yes	
Clothing/Kit for cycling		
Helmet . must be carried in hand luggage	Yes	
Trainers / cycling shoes	Yes	
Padded cycling shorts . at least 2 pairs	Yes	
T Shirts	Yes	
Socks and comfortable underwear	Yes	
Lightweight waterproof top . there maybe the occasional shower!	Yes	
Padded cycling gloves	Yes	
Sun glasses . with UV protection	Yes	
Bicycle water bottles x 2 (1 litre recommended)	Yes	
Pedals . bikes come with standard pedals, so you may wish to bring toe-clips or SPDs	Optional	
Bar ends	Optional	
Saddle / gel saddle cover . recommended for extra comfort	Optional	
Light weight cotton scarf to protect neck from sun	Yes	
Other clothing		
Sun hat	Yes	
Casual wear for evenings/travelling and transfer days	Yes	
Long sleeve top . to prevent mosquito bites and protection from the sun	Yes	
Underwear and socks	Yes	
Sweater / light fleece for the cooler evenings	Yes	
Sandals / trainers for evening and transfer days	Yes	
Swimming costume . there maybe an opportunity for a dip!	Optional	
Health and Hygiene		
Toothbrush, toothpaste, wet wipes (or equivalent), soap, shampoo, conditioner, lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, anti-bacterial hand gel	Yes	
Insect repellent (containing DEET), sun lotion (minimum of factor 30), after sun / moisturiser, total sun block for nose and lips, Sudocream and Vaseline (for soothing/preventing saddle soreness!)	Yes	

Kit List continued Vietnam to Cambodia



Other

Energy foods / snack bars (some snacks will be provided)	Optional	
Isotonic / high energy drink / powders . try to use them when training to see if they suit you	Optional	
Mosquito coils if planning to sit outside	Optional	
Contact lenses (bring spares and also your glasses just in case)	Optional	
Padlock for baggage	Optional	
Ear plugs . useful when sharing a room	Optional	
Plastic bags . for dirty washing	Yes	
Camera with spare batteries and spare memory card	Yes	

Personal First Aid Kit

Adhesive dressing (plasters), antiseptic spray, diahorrea tablets, throat sweets, re-hydration sachets, paracetamol, Dextrose tablets, Tubi-grip or equivalent for extra support if needed, Deep Heat cream or equivalent in case of sore muscles, any other personal medication	Yes	
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Documents

Passport (valid for 6 months AFTER your return) and photocopy, visa for Vietnam, passport sized photo for entry into Cambodia , cash, credit card (for emergencies), travel insurance, tickets or e-ticket receipt	Yes	
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