



RECOMMENDED PACKING LIST

Please note that luggage is restricted to ONE 20kg SOFT TOG BAG that includes all your personal belongings (i.e. no loose sleeping bags etc.). Your bag MUST be clearly labeled.

General Items:

- **Passports! (Please ensure you send us a colour copy of your passport so that we can take this with us to the event – store in a Ziploc bag**
- Sunglasses
- Spare contact lenses (if applicable)
- Pillow, warm sleeping bag (bottom sheet if required)
- Towel for showering
- A good quality torch or headlamp (a headlamp is recommended). Lighting is limited so this is a critical item (spare batteries are useful)
- Mosquito repellent
- Malaria prophylactics (optional)
- Personal toiletries
- **Sun block and lip balm**
- Camera with spare batteries
- Binoculars (a small pair is preferable)
- Cash, credit cards and medical aid card (Please note we no longer accept Visa and MasterCard's on site)
- Basic medical kit: i.e. anti-inflammatory, pain killers, anti-histamines, eye drops and personal medication
- Cell phone with pin deactivated (You will need international roaming) and phone charging cable

Camp Clothes:

- Hat/ cap
- Warm and cool clothes - the weather could be unpredictable with the days warm to hot and the nights cold
- Casual wear for around the campsite
- Good walking shoes or closed sandals for walking around the camps
- Swimming costume

Cycling Kit:

- Hydration pack (mandatory) and water bottles – Minimum of 3 litres carrying capacity
- Helmet (mandatory)
- Cycling Kit – 3 sets for each day of riding – there are no washing facilities (We will advise if we manage to secure sponsorship for a cycle shirt(s))
- Arm warmers for the chilly early mornings and to keep the sun off your arms during the day
- Cycling shoes, socks & gloves
- Heart rate monitor (if required)
- GPS is useful if you have one

Recommended Bike Spares:

- **Derailleur hanger – Each bicycle brand and model has a specific derailleur hanger so please ensure that you each bring your own spare as if this breaks you will not be able to continue your ride.**
- Any other specific bike spares
- Spare sealant, spare tubes and plugs (pre-slimmed tubes recommended)
- CO₂ Bombs
- Chain Lube and degreaser
- Brake pads
- Bike chain and combination lock
- Multi tool and cable ties
- Tyre and shock pump
- Chain breaker and chain links
- Spare cleats (recommended)
- Ziploc bags are useful for storage of bike spares
- Chamois cream
- Recommend a gel saddle
- Tire gaiter which can be used to fix a tire which has a damaged side wall when fitting a tube (a 50cm x 50cm piece of toothpaste tube works well)
- A spare gear cable

For any queries, please contact the Tour de Zambezi team on info@childreninthewilderness.com