



Checklist of Equipment

Items marked YES are mandatory.

Item	Info	Mandatory
A bicycle	A bike with water cages and strong tyres. We recommend Brooks leather saddles. Though they may take some time to get used to, we find that a softer saddle will be painful over many days and hours.	YES
GPS	Mad Dogs provide detailed GPX routes for use in conjunction with a GPS unit. We have a handful of units for you to borrow but if you have your own, please bring it. A phone with appropriate software can also function as a GPS.	YES
Strong plastic bag which completely envelops your bicycle. Unfortunately the CTC bike cover has been discontinued, but an appropriately sized mattress bag will do the job. Please check carefully that the size fits your bicycle - a single mattress is probably good enough in most cases. Available on Amazon: >here	<u>Without this you won't be allowed to bring the bike into your hotel room.</u> This item is on this mandatory kit list for a reason.	YES
Water bottles (to fit your frame)		YES
A cycle computer	A cheap basic model is fine - most GPS units will provide this function. We find that there is a great psychological benefit to having a dedicated cycle computer showing speed and distance.	Nice to have
Multitool including Allen keys	Essential for adjusting the settings of your bicycle while on the go.	YES
Pedal wrench	For putting your bike together and packing it up again!	Nice to have
Pump (small, to carry with you)	You won't be able to fix a simple puncture without this.	YES
Puncture repair kit including tyre levers	We strongly favour the old fashioned type with patches and rubber cement. On Mad Dogs distance, although you can get the mechanic to help, it's sometimes quicker to do it yourself.	Nice to have

Spare inner tubes	It is worth carrying a few spares because you could easily get more than one puncture in a day, and it is usually quicker to change an inner tube than repair it on the roadside. However, correctly repaired inner-tubes are just as good as new ones; repairs can be made at leisure after a day's ride.	Nice to have
Lubricant for the chain	A few drops each day will keep your chain moving nicely.	Nice to have
Spare Chain, Spare Spokes	If either of these break, you will require a spare. If your bike is a non-standard style it may be particularly difficult to source a replacement. It's therefore important to bring some spokes.	Nice to have
Waterproof document holder / valuables case	Ziploc bags don't work in heavy rain!	Nice to have
Bicycle lock	Strong - when you venture into shops and restaurants during the day it's essential that you can lock your bicycle.	YES
Bicycle rear lights and a very strong head torch	Necessary to be seen well in low light conditions	YES
Smart phone, connected to the internet.	You need to download WhatsApp, which we use for communication during the challenge. The phone should have GPS, which is a standard feature. Buying a local SIM card to avoid roaming is usually a simple procedure which can be done at the airport on arrival.	YES
Bell	Many cyclists scoff at bells, but we believe it's essential to be able to warn other road users of your presence. Car windows are often open, and many of those who you need to warn are either on motorbikes, scooters, or foot. They hear can your bell.	YES
Sunglasses		YES
Sunscreen, mosquito spray		YES
Backpack to carry your luggage (NOT a suitcase, please)	There are going to be times when you need to be in control of all your stuff. A backpack means you can easily carry your luggage and wheel your bike. Please limit your luggage to "carry-on" size. Remember, you also have a bike...	Nice to have
Compass	Yes, we know it's not the stone age but it's sometimes useful quickly to tell which direction you are heading in! You can find inexpensive ones at stationery shops	Nice to have
A hydration system such as Camelbak	Although we do not recommend cycling with a backpack, a specially designed ergonomic hydration system can be very useful on warmer days.	Nice to have
Energy Gels	Mad Dogs provides sports drink and a host of snacks, however if you are accustomed to energy gels, it is recommended that you bring these.	If needed

Bar bag / saddle bag	Useful for keeping your money, etc to hand and safe.	Nice to have
Things you'll wear		
Lightweight waterproof top		Nice to have
Padded cycling shorts, cycle jersey, Cycle socks		Nice to have
SPD footwear (or similar 'clip in' system)	<p>Cycle sandals or shoes are recommended, with the pedals to match them. Using a 'clip in' pedal system requires some initial practice to gain confidence, but soon becomes second nature, and makes a big difference to your ability to power the bike smoothly and evenly. We recommend using the SMALLER mountain bike / touring cleats which are easier to connect and disconnect. They are also easier for walking - if you use the large "racing" cleats, please make sure you bring the covers so that you are able to walk in them.)</p> <p>This is less important for shorter Wild Cat Rises</p>	Nice to have