

Kit Lists are not exhaustive. Adjust as you see fit according to your own preferences and experience. If you need advice, call us on the numbers in the footer.

KIT LIST - TANZANIA, CYCLING

LUGGAGE

Daysack, when riding if you prefer
Specialist daysack can contain hydration packs
Holdall/Duffel bag, 70 - 90l capacity
For main kit

FOOTWEAR

Riding shoes
Trainers are ok, bikes are fitted with standard pedals.
If taking own pedals, take shoes to fit.
Alternative/evening footwear

CLOTHING

Waterproof jacket & trousers
Keep it lightweight, you may feel trousers not needed.
Riding clothing
Padded shorts
Cycling tops, with pockets for storing stuff
Gloves (padded)
Knee pads (optional)
Buff, lightweight, neck & mouth protection against the sun/wind
Underwear & socks
Travelling & evening clothes
Lightweight fleece, evening wear
Sun hat
Swimming costume

DOCUMENTS/MONEY

Passport
Visa
Flight Ref details/document (from us)
Travel Insurance details
Spare photo ID
Spare passport photo

Currency cash
Credit card
Hard copy of important documents

EQUIPMENT

Cycle Helmet - take your own, must be UK safety standard
Water bottles, x 1 litre drinking bottles and/or hydration bladder
Spare water at feeding stations and 4 x 4
Torch (LED head torches are best + spare batteries)
Sunglasses (+ hard case)
Normal vision glasses (if worn) (+ hard case)
Cycle pedals if using (don't forget shoes)
Saddle gel cover OR own saddle

Medical kit (see website for checklist)

Mobile phone (+ charger + power bank)
Plug adaptor

Camera(s) (+ batteries + charger + memory cards)

Wash kit

USEFUL EXTRAS

Dirty wash bag
Guide book
Reading/writing material
Needle/thread
Spare laces
Combination lock(s)
Pocket knife

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