

Bike Bosnia Cycle Challenge - 10 - 15 June 2022

Kit List

This is a guide to the equipment you need to complete the challenge – some items are essential; some are common sense, and some are recommendations. Please ask if you have any concerns or questions - we have lots of experienced riders on the team. You can save money by using our discount codes, shop in outdoor factory outlets, search for sales, borrow items from friends or family or hire kit that you are unlikely to use again!

Baggage

All of your kit and equipment needs to fit into two bags for the flight:

Bag 1) Large 80 -100 litre rucksack / duffle bag without wheels not exceeding 23kg

Bag 2) A smaller 30 - 35 litre rucksack / day bag that must weigh no more than 7kg

During the cycle your day bag will be available throughout the ride and at stops and your main bags will be transferred to the accommodation each night.

KIT LIST

ITEM	IMPORTANCE	COMMENTS
FOOTWEAR		
Trainers/Cycle shoes for riding - Should have thick, stiff soles	ESSENTIAL	
Socks	ESSENTIAL	
Shoes for evening/free time at the end of challenge	ESSENTIAL	
CLOTHING		
Cycle Shorts - 2 pairs, padded lycra	ESSENTIAL	
Cycle tops - 2 lightweight, wicking material with pockets on back	ESSENTIAL	MAG provides two tops per person but feel free to bring your own too.
Fingerless cycle gloves	ESSENTIAL	
Peaked cap with neck cover / Bandana / Buff for sun protection	ESSENTIAL	
1 x wicking t-shirt	RECOMMENDED	This can be worn underneath your cycling jersey if preferred.
Casual clothes for free time - dinner/ hotels / travel and evening wear.	ESSENTIAL	Whatever you would normally pack for a trip. The weather for June is normally around 22-25 degrees.
Microfibre lightweight fleece/hoody/light coat for cooler nights. Please also consider bringing a lightweight easy to pack waterproof jacket in case it rains whilst we are riding.	ESSENTIAL	Please prepare for all weather – it can rain and it can get cold.
EQUIPMENT		
Small daypack for carrying personal items on cycling days with rain cover – extra clothing / snacks / bike spares	ESSENTIAL	This bag will be on the support bus and available as needed each day.
Cycle Helmet - this is essential .	ESSENTIAL	This must be provided by you and always be worn while cycling.
Own pedals / gel saddle	OPTIONAL	Our teams can support adding these to your bikes during the fitting when we arrive in Dubrovnik.
At least one but ideally two 1 litre water bottle (can also bring 2 – 3 litre platypus/camelback water carriers or alternatives)	ESSENTIAL	Water will also be available at snack/stopping points but please be sure to have enough water with you at all times.
Sunglasses and cycle goggles	ESSENTIAL	This is personal preference.
Snacks for up to 4 cycling days – sweets/trail mix/cereal bars	RECOMMENDED	Fruits, dehydrated fruits, biscuits, nuts, water are provided but not energy bars or gels.

Energy tablets/ Electrolyte replacement tablets for adding to drinking water	RECOMMENDED	Whatever you personally prefer to help boost energy please bring.
Ear plugs, travel pillow	OPTIONAL	For your own comfort
Facemasks	ESSENTIAL	Covid measures TBC
Personal Mobile telephone with charger and adapter	ESSENTIAL	We also recommend bringing a battery pack.
TOILETRIES		
Anti-bacterial hand gel	ESSENTIAL	
Sun screen (at least factor 30+), lip balm and after sun	ESSENTIAL	
Wet wipes and travel tissues for personal hygiene.	RECOMMENDED	
Insect repellent	ESSENTIAL	
Your own personal toiletries as needed – shampoo, conditioner, tampons, moisturisers, contact lenses and solution etc	AS NEEDED	Consider what products you would normally need for six days away.
Ziplock resealable bags – for storing toilet paper between stops	ESSENTIAL	
PERSONAL FIRST AID KIT - A MEDIC WILL BE WITHUS AT ALL TIMES ON THE TRIP WITH SOME SUPPLIES SO THIS IS PERSONAL USE ONLY.		
Paracetamol / Ibuprofen / Aspirin	ESSENTIAL	
Antihistamines	ESSENTIAL	
Plasters / blister kit / zinc oxide tape	ESSENTIAL	
Rehydration powder (dioralyte)	ESSENTIAL	
Anti-diarrhoea tablets (Imodium)	RECOMMENDED	
Antiseptic Wipes	RECOMMENDED	
Throat Lozenges	RECOMMENDED	
Muscle rub / deep heat / ibuprofen gel	RECOMMENDED	
Knee supports (if required)	RECOMMENDED	
Vaseline petroleum jelly / chamois cream -	RECOMMENDED	Experienced riders will be able to give recommendations on what the best brands are!
Any personal medication that has been prescribed by a GP or clinic – split between hold and hand	IF APPLICABLE	
DOCUMENTS		
Passport and photocopies – stored separately from passport in case passport goes missing	ESSENTIAL	
1 passport sized photo – stored separately from passport in case passport goes missing	ESSENTIAL	
Travel insurance certificate and 24 hr emergency contact telephone number for insurance company	ESSENTIAL	
Local currency in mixed denominations	ESSENTIAL	
Credit Card / additional funds to cover trip curtailment costs if necessary	ESSENTIAL	
Vaccination certificates if applicable – INCLUDING COVID VACCINATION INFORMATION TBC EITHER PRINTED OR ELECTRONIC.	ESSENTIAL	
AC emergency contact list and MAG staff contact list	ESSENTIAL	

KIT DISCOUNT CODES

We understand that the cost of participating in a challenge of this nature can add up, so we have teamed up with some fantastic companies, to offer you the below discounts:



Ellis Brigham Mountain Sports: 10% discount on all purchases either in store or online. Visit www.ellis-brigham.com and enter the discount code **ACT17**.



Cotswold Outdoor: 15% discount both online and in-store purchases. Use Action Challenge code **AF-ACTC-P1** on their website www.cotswoldoutdoor.com (*manually type in including the hyphens*).



Snow + Rock: 15% discount for both online and in-store purchases. Use Action Challenge code **AF-ACTC-P1** on their website www.snowandrock.com (*manually type in including the hyphens*).



Runners Need: 15% discount for both online and in-store purchases. Use Action Challenge code **AF-ACTC-P1** on their website www.runnersneed.com.



Over Board: 25% discount on all purchases either made in store or online. Visit www.over-board.co.uk and enter the discount code **ACTION25**.



Outdoor Kit Hire: 10% discount for kit hire. Visit their website: http://www.outdoorhire.co.uk/kitlist/landing_page.php?id=Action-Challenge and select your trip's kit list for more details. Use the discount code **ACOH966** and order the kit you'd rather not buy!



Nomad Travel: 15% discount on all purchases made in store and online. Visit www.nomadtravel.co.uk and use code **ACTCHA1000**.