

## MALAWI CYCLE, KAYAK & MULANJE TREK KIT LIST

Please find below your kit requirements with short explanations. Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it.

✓ Please use this check-list to help you pack!

### Important Documents & Money

Passport + photocopy	10-year essential; valid for 6 months after arrival in Malawi
Visa	Required for most nationalities including American and British passport-holders; other nationalities should check
Money	Malawian Kwacha not available out of country. Small US\$ cash notes easiest to change
Credit Card	Always carry a credit card in case of emergencies; make sure you know PIN number
Insurance Documentation	Advisable to leave a copy with your next of kin too
Air Tickets	To be collected at the airport by your tour leader
Immunisations Record	Useful as a record/proof of your vaccinations; (see Factsheet for recommendations)
Money belt	Safest way to carry cash and valuables

### Luggage

Rucksack/expedition kitbag	For your main luggage; see luggage notes (below)
Large strong plastic bags	To keep things dry inside your main bag (especially sleeping bag)
Day-sack / large waist pack	See luggage notes (below)
Small dry-sack	Optional; useful for camera etc when kayaking but not essential

### Cycling & Trekking Gear

Cycle helmet	Compulsory
Cycling shoes / trainers	Make sure you train in them and they are comfortable. Stiff sole recommended for increased power transfer between foot and pedal
Cycling socks (2 or 3 pairs)	No need for a clean pair per day but enough to have dry socks each morning
Cycling gloves (fingerless)	Essential for comfort and grip – gel padding reduces road vibration
Padded cycling shorts x 2	Lycra with chamois insert better than 'baggies' for full days on the bike
Cycling tops / T-shirts x 2	Traditional cycling jerseys have useful pockets at the back and usually wick moisture well; tops made from cotton absorb sweat - not recommended.
Cycling leggings	At higher elevations
Hi-vis vest	Recommended in busier traffic (eg towns/cities)
Trainers	Walk on Mt Mulanje requires sturdy footwear with good sole pattern for grip; if you have ankle problems ensure you have boots with ankle support
Walking socks	
Trek trousers	Zip-off trekking trousers ideal
Base layer / T-shirt x 1	Wicking top (eg dryflo) recommended and better than cotton
Warm top layer	It can get cool at higher elevations, especially early mornings
Waterproof jacket	Good quality essential; material should be highly breathable to avoid getting too hot. Good wind resistance recommended. Should be comfortable on bike and when trekking.
Sunglasses	Must fit well so stay in position when looking down; wraparound style useful
Wide-brimmed hat / cap	For sun protection off bike / kayaking day
Swimming costume	For kayaking
Shorts & T-shirt	Light material that you don't mind getting wet while kayaking / at beach
Sandals / flip-flops	For kayaking and beach day; suitable for getting wet

### General Clothing

Extra pair light trousers	For evenings / travel days
Shorts	For evenings / travel days
Tracksuit bottoms	Good to sleep in and as spares
Loose long sleeved shirt	Spare layer or for evenings; light material useful for sun protection
Underwear	
Sandals / light trainers	For evenings and travelling time (if your beach sandals aren't suitable for this)
Spare set of clean clothes	For celebration meal and end of trip
Nightclothes	Loose light material best

### General Equipment

Water bottle(s) / camelbak	Should be able to carry min 2 litres
Trekking poles	Optional; useful on mountain if you are unsteady on steep / uneven ground

Head torch / torch	<i>With spare battery</i>
Water purification tablets	<i>Small pack as back-up only – this is purely a safety measure</i>
Liquid handwash	<i>Waterless for easy hygienic hand-washing</i>
1 roll toilet paper + plastic bags	<i>Bags for disposal of loo paper en-route; fragranced nappy bags are best</i>
Ear plugs	<i>Useful if you are a light sleeper or if there are snorers nearby!</i>
Alarm clock	<i>Optional; useful if you have problems waking up</i>
Wash kit (eg toothbrush, soap)	<i>Include wet wipes (useful to carry with you during day)</i>
Small towel / sarong	<i>Optional; useful for beach day</i>
Snacks (eg energy bars / drinks powders or gels / dried fruit / jelly babies)	<i>Extra sources of energy can be very useful, especially if you are having a tough day or have special dietary requirements and may need an energy boost. Don't weigh your bag down too much though!</i>
Camera	<i>Bring adaptor, spare batteries, memory cards etc (little opportunity to recharge)</i>
Book / travel games / cards	<i>Useful for evenings / long flights</i>
Small hand pump & puncture repair kits / allen keys	<i>There is full vehicle support but having your own basic supplies means you do not have to wait for help every time</i>

**Small Personal First Aid Kit: include any medication you take regularly or while exercising, plus:**

Sun block / sun cream	<i>Minimum SPF 30</i>
SPF lip balm Aftersun / moisturiser	<i>Exposure to the elements can make skin dry</i>
Painkillers	<i>eg ibuprofen and paracetamol</i>
Rehydration sachets	<i>eg dioralyte</i>
Diarrhoea tablets	<i>eg imodium</i>
Malaria tablets	<i>See Factsheet for more detail</i>
Plasters and blister dressing	<i>compeed / moleskin / tape and dressings (whatever works best for you)</i>
Antihistamines	<i>For allergies / insect stings</i>
Insect repellent	<i>Eg Mosi-guard, Ultrathon, Repel</i>
Vaseline / talcum powder / canesten / sudocrem	<i>For saddle sore / rashes – also many specific chamois creams on market. Different methods of prevention &amp; treatment suit different people</i>
Muscle rub	<i>Eg deep heat, radian B</i>

**CLIMATE**

**The above kit recommendations include clothing for all weathers; you may not end up using all of it, but should be prepared for all conditions.** It is generally hot throughout the year, and the sun will be very strong. Expect to wear shorts and a light top most of the time, but weather can vary – you should always be prepared for sudden changes. At higher elevations it can get quite cold, so you will need warmer layers from Zomba onwards, especially for early morning and evenings. You need good quality kit – you will enjoy the trip more if your equipment keeps you cool/warm as appropriate, dry and comfortable! Biting insects seem to like wrists and ankles, so ensure you have loose, light clothing that covers you up around dawn and dusk.

**CYCLING INFORMATION** – please call the office with any further bike-related queries

- You are welcome to bring your own saddle or pedals, including toe-clips or SPDs, and attach them to the bike. If bringing a saddle do not bring the seat post.
- It is possible to bring your own bike but negotiating carriage with the airline can be difficult and costly. If you decide to do so, it is **essential** that it is in good mechanical order before leaving home. If in doubt, most good bike shops will service it for you. It will need to be packed in a bike-bag or box. We would strongly discourage you from bringing a bike with any unusual features; spares and tools will be very hard, if not impossible, to source in this region. You should also make sure it is insured under your house contents policy or separate cycle insurance, as most travel insurance policies (including ours) will not cover the full cost of replacement.
- There will be a full tool kit with spares i.e. inner tubes, puncture repair kits etc, carried in the support vehicles but we cannot supply spares for all eventualities. Discover Adventure spares will be charged at competitive rates – your tour leader will advise you further. Bringing your own puncture repair kits and bike pump (ensure it is compatible with both Shraeder and Presta valves) means you can get back on the road more quickly than waiting for a support vehicle to attend to you.

**LUGGAGE**

- Please be careful when packing your luggage as we are restricted by space available; it should all fit in one bag. We recommend a soft expedition-type kitbag or rucksack - **DEFINITELY NOT A SUITCASE.**
- Your luggage allowance on the plane is 20kg - this must be adhered to. Airlines are getting stricter in terms of charging for excess baggage, so please do try to keep within the limit. Be aware that hand-luggage restrictions may sometimes change due to airport security measures.
- Remember not to pack penknives, scissors, tweezers etc in hand luggage; bike pump should go in main luggage, as should trekking poles if you bring them for the mountain trek. Pack them into your main bag – dismantling them will make them smaller but if they don't fit the best option is to secure them well and label them separately in case they become detached. Liquids can be carried subject to current restrictions – see <https://www.gov.uk/hand-luggage-restrictions>.
- Your main luggage will be carried in the support vehicles. You will not be able to access it during the day so need to carry a day-sack or waist pack with camera, waterproof jacket, sun cream, snacks, bike pump and anything else you need for the day. We do not recommend handlebar bags as they can interfere with your control unless you're used to them. On the trek you will also need to carry what you need, so ensure that your bag is big enough.
- You may wish to invest in a small saddle bag which fits to the bike frame and can hold a spare tube, puncture repair kit, allen keys and other small items to save weight on your hips or back.