



Checklist of Mandatory Equipment

Item	Info
A bicycle	<p>A bike with water cages and strong tyres.</p> <p>For Mad Dogs distances, this could be a touring bike, hybrid or, if you're careful, road bike.</p> <p>For Wild Cat distances, a mountain bike is fine.</p> <p>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.</p>
GPS	<p>Mad Dogs provide detailed GPX routes for use in conjunction with a GPS unit. It's possible to hire a Garmin Dakota 20 unit from Mad Dogs if you don't have one or can't borrow one from a friend. Reserve well in advance. If you're registering with friends and plan to stick together, then one unit per group is fine.</p> <p>Wild Cat rides will have a cycling guide and you will remain in a group, but a GPS is still a useful item to have.</p>
Plastic bicycle cover (such as http://www.wiggle.co.uk/ctc-cycling-uk-plastic-bike-bag/)	<p><u>Without this you are won't be allowed to bring the bike into your hotel room.</u> This item is on this mandatory kit list for a reason.</p>
Water bottles (to fit your frame)	
A cycle computer	<p>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.</p>
Multitool including Allen keys	<p>Essential for adjusting the settings of your bicycle while on the go.</p>
Pedal wrench	<p>For putting your bike together and packing it up again!</p>
Pump (small, to carry with you)	<p>You won't be able to fix a simple puncture without this.</p>

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.
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.
Lubricant for the chain	A few drops each day will keep your chain moving nicely.
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 particularly important to bring some spokes.
Waterproof document holder / valuables case	Ziploc bags don't work in heavy rain!
Bicycle lock	Strong - when you venture into shops and restaurants during the day it's essential that you can lock your bicycle.
Bicycle rear lights and a very strong head torch	Necessary in any tunnels
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.
Bell	Many cyclists scoff at bells, but It's utterly 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 you.
Sunglasses	
Sunscreen, mosquito spray	
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 keep your luggage to "carry-on" size. Remember, you also have a bike...



Checklist of Checklist of Recommended (but not mandatory) equipment

Item	Info
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
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.
Energy Gels	Mad Dogs provides sports drink and a host of snacks, however if you are accustomed and reliant on energy gels, it is recommended that you bring these.
Bar bag / saddle bag	Useful for keeping your money, etc to hand and safe.
Things you'll wear	
Lightweight waterproof top	
Padded cycling shorts, cycle jersey, Cycle socks	
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>
Lightweight warm jacket, for Hokkaido	The early mornings can be slightly chilly.