



Bicycling – Info & Packing List

RIDING SURFACES: We ride on dirt roads, trails, and footpaths, and some sections of paved road. Inclines are generally gentle, but expect some steep segments and stretches that will require pushing for all but the strongest cyclists. There may be rocky, bumpy, rutted, washboard, or slick sections. Be prepared for all riding surfaces. Ride slowly and brake often on downhills, using more force on the rear brake.

LEFT-SIDE RIDING: Keep left on all roads (Tanzania follows the British system of left-side driving). The rule of the road is that bigger and more powerful vehicles have the right-of-way. Therefore, trucks and buses have priority, followed by cars, motorcycles, bicycles, and pedestrians – in that order. For your safety, respect this hierarchy and get out of the way of larger vehicles - they will not cede the road to you!

PACKING LIST: Days will be warm to hot and the sun may be harsh at times. In mountainous areas nights and mornings may be cool and misty. Bring clothing for all conditions. Dirt roads and trails can be dusty or muddy. We ride in all weather unless roads are impassable. During the ride day you will carry your water, snacks, camera, sunscreen, rain gear, etc. Bring a plastic bag for your day pack to protect items from rain and dust.

This list is not comprehensive but are items we suggest you include particular to bike riding in Tanzania, which are in addition to your normal packing list for an outdoor adventure. Adjust the number of items according to the length of your bike tour.

Included by SENE: 21-Gear mountain bike (with or without toe clips); helmet; water bottle.

Clothing and Equipment.

- Sleeping bag rated to 40° F (5° C) (rental bag available for \$30).
- Bicycle fanny pack, small back pack or hydration pack for your daily gear.
- Sturdy bike shorts (padded).
- Rain jacket (rain pants optional).
- Comfortable bicycling shoes (clip-on shoes are not recommended; if you bring them please bring pedals that match your clips).
- Bike gloves.
- Sunglasses that block UV rays.
- Hat with brim (for under helmet to keep the sun off your face).
- Bandanas.
- Swimsuit.
- Small quick-drying towel and washcloth.
- Small container of liquid laundry detergent for hand laundry.
- Thin rope and clothes pins or safety pins for hanging clothes.
- Headlamp and spare batteries (for camp; we do not ride in the dark).
- Sandals or flip-flops (for showers).
- Powdered sports drinks.
- Energy snacks.

Personal First Aid Supplies. Consult with your physician as necessary.

- Sunscreen (SPF 30 or higher).
- Lip balm with sunscreen.
- Hand wipes or hand sanitizer.
- Insect repellent.

- Hydrocortisone cream for itching (check for sun sensitivity).
- Aspirin, ibuprofen, or *Tylenol*. Ibuprofen is also an anti-inflammatory.
- Moisturizing cream.
- Band Aids.
- Topical antibiotic.
- Antibiotic, such as Cipro.
- Pepto-Bismol tablets for stomach problems.
- Feminine protection.
- Contact lens wearers also bring a pair of glasses for back-up.