

# NORWOOD CHALLENGES 27 October - 3 November 2024

## ISRAEL: JERUSALEM TO EILAT CYCLE

### KIT LIST

**One of the most common questions we get asked ahead of a Challenge is what to pack and what the essential items are. This is a list of recommended kit for Israel. (\* Optional)**

We recommend one item of main hold luggage – ideally a soft case/holdall in preference to a hard case – that should not exceed the allowable checked baggage allowance for the airline you are travelling with and one cabin bag (ie a small rucksack/day bag and not a small hard suitcase). We have tried to keep this kit list to a minimum, but please use your common sense. We recommend that a spare set of cycling clothes and any prescribed medication should be packed in your cabin bag.

#### RUCKSACKS AND BAGS

- 80–100 litre dufflebag, holdall or soft case
- Small rucksack, day bag or bike bag

#### CLOTHING

- Cycling shoes or trainers with stiff soles
- Cycle jerseys/T-shirts (lightweight wicking fabric) long sleeved if you burn easily
- 2–3 pairs of padded cycling shorts
- 3–4 pairs of cycling socks
- Cycle gloves
- Peaked cap with neck cover/neck buff for sun protection
- Arm coolers (for added sun protection)\*
- Lightweight waterproofs
- Comfortable clothes for the evening – shorts, T-shirts
- Smarter clothes for travelling, celebratory weekend
- Sandals/trainers for evening/weekend
- Swimwear

#### CYCLING EQUIPMENT

- Cycle helmet
- Any personal cycle equipment: saddle, own pedals, bar ends
- Sunglasses/cycling goggles
- 2–3 litre Platypus/Camelbak and/or 2 water bottles for bike

#### GENERAL EQUIPMENT

- Head torch/mini flashlight
- Alarm clock/watch
- Mobile phone with charger
- Travel adaptors/multi-socket extension lead
- High-energy snacks (protein bars, dried fruit, nuts, chocolate)
- Energy tablets/isotonics/electrolytes\*
- Contact lenses and solutions\*
- Camera with charger/memory card\*

- Earplugs\*
- Ziplock plastic bags for storage\*

#### PERSONAL FIRST AID KIT

- Pain killer (paracetamol/ibuprofen)
- Plasters
- Compeed blister plasters
- Imodium (loperamide) – used for diarrhoea
- Dioralyte/rehydration sachets
- Antiseptic wipes/cream – for bites/stings
- Knee support\*
- Vaseline/Chamois Cream/Sudocream
- Malaria tablets under advice from GP\*
- Any personal medication\*

#### TOILETRIES

- Lightweight washbag
- Toothbrush and toothpaste
- Biodegradable soap/shower gel
- Shampoo/conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper
- Antibacterial hand wash/wipes
- Insect repellent containing DEET
- High-factor sun cream (50SPF)
- Sun block, lip salve, after sun
- Sanitary products (if applicable)\*

#### DOCUMENTS

- Passport/ Photocopy of passport
- Visa (if required)
- Passenger Locator Form
- Vaccination Certificate
- Travel insurance certificate with 24-hour contact number
- Debit/credit card
- Cash



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### USEFUL TIPS

#### HELMET

It's very simple, no helmet – no ride. It should have good ventilation and conform to safety standards, fit comfortably and be adjusted properly. Please do put your helmet in your hand luggage. It can get crushed in your case and if your case goes missing, at least you have your helmet.

#### CYCLING CLOTHES

You will need at least 2 cycling shirts and 2 pairs of padded cycling shorts and will be given a Norwood short sleeve cycling top to be worn on the last day of the challenge. We will all be in the same kit for photos and it's quite a sight to see everyone in Norwood tops all cycling together on the last day.

Obviously the less you bring, the more you'll have to rotate your kit on a daily basis and similarly we can't always guarantee that you will be able to wash and dry your kit overnight (or that it will dry in time for the following morning). We therefore recommend lycra because it wicks away the sweat. You can buy decent tops on-line and while there are numerous medium to high-end brands (Rapha, Assos, Endura Castelli, Gore), you don't have to spend the money. [Wiggle](#) is an excellent site with great discounts and there are just too many others to list. Bib shorts have the shoulder straps that keep the pads in place where you need them. If you're prone to sun burn, wear long sleeve, lightweight wicking jerseys or consider some white UV arm protectors as a block against the sun, just like arm warmers.

#### CYCLING SHOES

Cycling shoes are hard soled and comfortably wrap around your foot. Because they are hard soled, all the energy you generate will go through to the pedals. If you use training shoes, you can lose at least 20% efficiency as your foot will arch, pronate or supinate (roll inwards or outwards).

You don't have to lock into pedals – you could use toe clips instead but cycling shoes make a big difference. If you do want to use toe clips, please buy them here and take them with you. In fact, if you use toe clips, don't take them off the pedals. Just take the pedals off the bike and bring the whole lot with you. If you're locking into pedals, you need to bring the pedals with you. Obvious but easy to forget. SPD pedals recess into the sole of the cycling shoe and mean you can walk easily. There may be visits and stopovers which involve walking, so please bear this in mind and pack some handy trainers to change into to carry in your day bag.

You don't have to wear cycling socks but they are light and comfortable rather than cotton sports socks and you can buy them in packs and they're not expensive.

#### GLOVES

Do bring some. They can get grubby but two pairs are enough. We recommend fingerless cycle gloves with padding on the palms. These will offer a degree of added sun protection to a very exposed part of the body. They will also save your hands from bad cuts should you fall from your bike and help you keep the feeling in your hands and shelter them against the vibrations from the bike.

#### BIKE BITS

Any bike bits you intend to bring (shoes, pedals, bar ends, saddle) should be packed into a small bag with your name on. The ground crew mechanics will help fit these for you (if hiring or dismantled for travel), but you can fit yourself. **Bar ends** are the stubby additions to both ends of the handlebars which make them look like the horns of a bull. They do make a difference in both performance and comfort. They work as an aid for climbing as you gently pull on them to get up the hill and they give you another hand position because on a flat bar mountain bike, there is only one hand-hold.

#### How to get your bike bits off your bike

If you have a set of allen keys, you can take your saddle and bar ends off your bike. It isn't difficult. The pedals are much harder. You'll need a size 15 spanner and even then it's not easy because the pedals may have been on your bike for a long time and really set in. You may not have the leverage with the small spanner you have to get them off.

#### Accessories - Saddle bag, pump, inner tubes, bottles, gels, electrolyte tablets, odometer.

Electrolyte tabs and gels – the tabs replace the electrolytes you lose through sweat and exercise. What are electrolytes? They are minerals such as sodium, potassium, chloride and bicarbonate that are essential for normal cell and organ function. You don't want to wait until you're dehydrated to start replacing them, so a tab or two in your water makes all the difference and can stop you from feeling faint. High5 Zero tabs can be bought in most sports shops or on-line.

**Gels** – these are very useful. For long rides, regular carbohydrate refuels are important and we will have snack stops along the way to help you maintain the fuel you need for the day. However, faced with a long climb or you're feeling a little low on energy, gels are one way of getting energy in quickly. They're a little faster than energy bars because the body has to digest the bars first and then get the energy to where it's needed. Gels go straight to the muscles and you'll feel the effect within 10 minutes or so.

Any concerns or queries, then just drop Challenges an email at [julie.braithwaite@norwood.org.uk](mailto:julie.braithwaite@norwood.org.uk)