

# KIT LIST

## HYDRATION PACK (ESSENTIAL – 3 LITRE CAPACITY STRONGLY RECOMMENDED)

This is the best way to carry drinking water; the pack is carried in a purpose-made rucksack and the water fed through a drinking tube. This enables the rider to keep hydrated without the need to remove the helmet. The rucksack can also be used to carry small items of kit.

## HELMET (ESSENTIAL)

A full face helmet is essential however we strongly recommend a Motocross or Enduro style as they are specifically designed for off road use and have particular features that you won't find on a full face road helmet. The lighter weight and ventilation features offer more comfort for off road riding. Goggles are essential with a Motocross or Enduro helmet.

## GOGGLES (ESSENTIAL)

There are many dusty and sandy trails along the route, and purpose made mx or enduro goggles are the only effective solution to protect your eyes. There may also be rain during the rally. A clear lens is definitely required, but most goggles have interchangeable lenses so a tinted lens could be carried for particularly bright days.

## UPPER BODY ARMOUR (ESSENTIAL)

There are a few different styles of body armour available; the hard plastic 'rooster-tail deflector' or tabard style, the 'all-in-one' mesh jacket (which includes hard armour in all the vulnerable areas and a kidney belt) or separate pieces of hard armour fitted into a jacket. It is down to personal choice as to which is most comfortable. It is important that elbows, back, shoulders and chest are as well protected as possible.

## PROTECTIVE TROUSERS (ESSENTIAL)

Hard wearing and breathable are the important features. Motocross or enduro pants are ideal. It is essential that adequate knee protection is worn, the hard type being recommended.

## MOTORCYCLE BOOTS (ESSENTIAL)

Off road boots are strongly recommended as they offer far better protection than road or race boots. The main sub types are Trials, Enduro and Motocross. Trials are lighter and more flexible, motocross offer more protection but are the heavier. Enduro boots may be the best compromise, but it's really down to personal choice.

## GLOVES (ESSENTIAL)

Very much down to personal choice. Off road style gloves, usually synthetic in construction, are ideal as they purpose made, comfortable and cope well with the conditions en route. There are numerous river crossings and also the possibility of rain, and therefore leather is not recommended as water can weaken it considerably.

## WATERPROOFS (HIGHLY RECOMMENDED)

The changeable conditions on Africa's wild coast mean that there is the possibility of rain during the rally. A lightweight waterproof suit serves a dual purpose, it keeps the rain out but also acts as an insulator against wind and cold. Suits are available as either one or two piece, which both have advantages over the other. The one piece is more watertight, whereas the two piece can be worn as separate items and is easier to put on.

## BASIC FIRST AID KIT (ESSENTIAL)

To include a sufficient supply of any personal medication. Items that may be very useful include rehydration salt sachets, paracetamol, ibuprofen, antiseptic cream and sticking plasters.

## ANTISEPTIC ALCOHOL-BASED HANDWASH (HIGHLY RECOMMENDED)

## SUN BLOCK (ESSENTIAL)

A high factor is strongly recommended.

ROLL MAT – CHECK WITH ORGANISERS  
SLEEPING BAG – CHECK WITH ORGANISERS  
SUNGLASSES  
MOSQUITO REPELLENT  
TORCH  
WASH BAG  
TOWEL  
SCARF / BANDANA (TO PROTECT NECK)  
FLEECE / PULLOVER  
TRAINERS OR SANDALS  
T-SHIRTS  
CASUAL TROUSERS  
SWIMWEAR  
EAR PLUGS

