

MY GEAR

WHAT SHOULD I PACK FOR THE JOURNEY?

TRANSPORT OF BIKES BY PLANE

If you are flying to Adelaide you will need to pack your bike in a secure box or bag for the flight. Check your airline's policy on bike transport for specific details on weight and size limits and additional costs. See separate Bike Transport by Plane document for more information on how to pack your bike for transport.

PACKING YOUR BAGS

Your luggage allowance on the Flinders Escape is 25kg. This must be packed into two bags. To protect the health and safety of Bicycle SA's volunteers, each bag must not weigh more than 14kg. Excess baggage fees apply up to a maximum of 28kg. **See more details in the Luggage Handling section below.**

We suggest you use one bag for your wet tent, cutlery, plates etc and the other for your sleeping bag, dry clothes and personal items.

We strongly recommend that you test the water-proofness of your bags before you leave home. If they are not waterproof we recommend you seal clothing and other items inside plastic bags within your luggage. While we make every possible effort to keep bags dry in transit, it is very difficult to prevent moisture seeping into trucks and under tarpaulins or from other bags.

Wet tents packed inside luggage will usually leak moisture so make sure you either pack them inside a plastic bag or pack with items which are not affected by moisture.

A final packing tip: less is best! By selecting a good combination of cycling clothing and casual wear you can often get by with a modest amount of clothing and accessories. If you dress in layers you will probably find that it is only the innermost layers that need regular washing. If you travel with family or friends you can also share some camping equipment (tent) and reduce the bulk of your luggage.

LUGGAGE HANDLING

Before loading your luggage bags on Day 1, please ensure they are clearly tagged with airline style waterproof luggage labels containing your full contact details. It is advisable to also attach similar contact details inside your bag just in case the external label comes adrift. To ensure your bag can be easily distinguished, we suggest tying coloured ribbons around the handle.

Our luggage truck volunteers will weigh your bags before loading. Luggage ID tags must remain fixed to your bags during the Tour. Only bags with suitable luggage ID tags will be accepted by loading volunteers during the ride.

Flinders Escape total luggage allowance is 25kg.

This must be packed in two bags each weighing no more than 14kg. If any of your bags exceeds the 14kg individual bag limit you will be required to unload or redistribute the bag contents. For the health and safety of the luggage volunteers we will not carry bags weighing more than 14kg. If your total luggage weight exceeds the 25kg maximum you will be charged an excess luggage fee of \$25 per kilogram up to a maximum of 28kg (\$75) and may be required to re-bag your luggage.

If, after redistribution and paying the excess fee, the total weight is greater than 28kg (that is, more than 14kg in each bag), then you'll be required to remove items to bring down the total weight to a maximum of 14kg per bag.

Each morning, before loading your luggage, change into your riding clothes and take out any items that you will need with you out on the road, as once you load your luggage onto the trucks you will not be able to get to it again until the campsite at the end of the day. We strongly urge you to take a set of extra-warm outer clothes (it may be cold and windy) as well as any other items you will need with you on the ride. Don't forget your coffee cup for morning refreshments.

WHAT SHOULD I WEAR WHEN I RIDE?

Here are some suggestions regarding what to wear while riding and things to pack on your bike so that you enjoy a comfortable ride.

Refer also to WHAT ABOUT THE WEATHER? – below.

- Bike shorts (or longs) – known as knicks – are much more practical for cycling than cotton shorts, jeans or track suits. They are made of lycra, a fabric that stretches with your leg movements. They have a padded crotch insert that takes the 'ouch' out of sitting on a bike saddle for hours at a time. Not everyone wears underwear with knicks but you will have to wash them overnight unless you pack extra pairs. If you bring a minimum of two pairs of knicks and wash one pair at the end of each day you should always have one pair to wear while the other pair is drying out.

- Cycling tops or t-shirts are cool and comfortable to wear. Wear long sleeved shirts to protect your arms from sunburn or use lots of SPF30+ UV sunblock. Cycling tops – jerseys – are made from material that wicks away moisture and always feels dry on the skin. You can usually get by with two shirts or jerseys if you wash out your shirt at the end of each day. Avoid cotton tops which can become waterlogged (with sweat and rain) and cause a chill when wind causes evaporation. As part of your Flinders Escape registration fee you receive a Bicycle SA sweatshirt to help ward off those chilly evenings!

- Shoes or riding sandals should be comfortable and stiff soled. Sandshoes or runners will be adequate but the stiffer the sole the better. Shimano SPD sandals and pedals are a good way to feel warm air between your toes. Sandal wearers should protect the tops of their feet by using sunblock. On cooler mornings a pair of socks will keep your sandaled feet warm until the day warms up. SPD pedals are more comfortable to use and easier to get into and out of than toe clips and straps.

- Sunglasses. Sports sunglasses (especially the special cycling glasses that fit close to your eyes and wrap around) protect your eyes from UV glare, dust, insects and the wind.
- Bicycle helmet. It is a legal requirement in Australia that you wear a bike helmet, one that conforms to Australian standards. Make sure the straps are firmly adjusted so that the helmet sits squarely on your head, not tilted back at the front, and that the strap adjusters sit comfortably just below your ears. Your helmet should fit firmly on your head and not shift around. Special scarves or peaked caps can be worn beneath your helmet, but make sure they don't compromise the overall fit and safety. Cracked helmets should be replaced, and any dents should be checked carefully, as you may need a new one.
- Water bottle. bring two 750ml water bottles and / or hydration pack and keep them replenished throughout the day. Drink regularly during your ride. We recommend that you drink at least 5 litres of water during each day's ride, but this depends on the distance and terrain and may need to be increased during hot weather.
- Wet / windy weather gear. Be prepared for cold, windy and wet weather. Pack a waterproof jacket and dress in layers so that you can easily discard clothing when the day warms up. Bicycle SA has a reputation for sunshine during tour events but each day can potentially offer the full spectrum of weather. Hopefully the gods will be kind to us this year, but the ride goes on, rain or shine.
- Food (road rations). We recommend that you always carry some high energy food to supplement your normal meals. If you run into headwinds or use up more energy riding between the refreshment stations, you can easily stop and fuel up with your own supplies. Each day help yourself a snack bar before you go – the perfect reward at the top of a big climb.
- Sun protection. We recommend that during daylight hours you wear sunglasses and protect your exposed skin from the strong Aussie sunshine by using lots of SPF30+ UV sunblock. Sunblock is available at campsite and at refreshment stations, but we recommend that you always get used to carrying your own supplies.
- Carry Money to buy food, refreshments and souvenirs along the way (while we won't be passing through many towns en-route, there are often small businesses, local producers and wineries nearby). Lunch and refreshments are supplied during each day's ride, but you should have your own means to treat yourself to that espresso and bakery treat, or indeed that cold beer in the pub. You should also carry some form of ID with details of an emergency contact and any medical conditions.
- Please also carry your reusable cup for morning and afternoon teas. Tea and coffee are always available, but you can help us save on unnecessary waste by bringing your own cup.
- Lights. Whilst the Flinders Escape route is only open during daylight hours, we highly recommend that you use both front and rear flashing lights at all times whilst riding to increase your visibility to other road users, especially in dull/low light or foggy conditions. You'll certainly need them if you wish to ride into town in the evening. Don't forget that, by law, you must have a red rear reflector as well as a bell or horn attached to your bike as a warning device.

WHAT SHOULD I WEAR OFF THE BIKE?

At the end of each day in the saddle it's good to lock up the bike and explore the campsite and towns on foot. For this kind of activity you will need normal street clothes and it's up to you what you wear, but with limited luggage, most people dress casually.

- A Warm and windproof jacket to wear on cool evenings and mornings
- Street clothes - bring shorts for the warm weather and longs for cool. It's hard to predict what the spring weather will bring
- Save room in your bags for your final night party threads. The theme is to be confirmed but come along dressed to impress. Use your imagination and be prepared for a dance!
- Swimmers and towel
- Flip flops or similar for the showers and mooching around can be a good idea too
- Hat or cap to keep the sun from burning your head
- Bathroom kit with toiletries (soap, toothpaste, toothbrush, shampoo etc)

WHAT ABOUT THE WEATHER?

The weather in the region in May is usually mainly fine with generally mild conditions during the day however it can still be cool in the evening and early mornings. We suggest you pack a good warm sleeping bag and appropriate warm clothing both for riding and for the evenings. Don't forget a rain jacket for wet weather protection if needed. More weather information can be found at www.bom.gov.au

MAY	ANGORICHINA (near Blinman)	HAWKER	PORT AUGUSTA
Mean daily max	21.1C	20.1C	20.5C
Mean daily min	7.7C	7.1C	10.9C
Mean 9am temp & wind speed	12.9C; 20.km/h (wind speed not available)	13.2C; 5.5km/h	13.8C; 7.6km/h
Mean 3pm temp & wind speed	18.8C; (wind speed not available)	18.8C; 9.5km/h	19.6C; 13.4km/h
Median monthly rainfall	20.6mm	21.4mm	19.2mm
Mean number of rainy days	1.6	3.9	4

PACKING CHECKLIST

Bike and accessories:

- Bicycle, serviced and in good mechanical order (and boxed if required for transit)
- Two large 750ml water bottles (mounted in cages on your bike frame) and / or hydration pack;
- Pump (ensure you have the correct valve connection), spare tube and repair kit including tyre levers and a wheel nut spanner if you don't have quick release hubs;
- Any additional spare parts particular to your bike, which may not be carried by the event mechanics;
- Small rear pannier bag on rear rack to carry your day gear (plus chord or straps);
- Lightweight bike lock – an essential item for securing your bike on the campsite overnight;
- A plastic bag or cover for your saddle

Riding gear:

- 2 pairs of bike shorts / knicks (minimum);
- 2 riding tops / jerseys or t-shirts
- Cycling shoes or cycling sandals for riding;
- Socks;
- SPF30+ sun block;
- Sunglasses;
- Helmet;
- Warm, windproof jacket. Evenings and mornings at this time of year can be cool to cold and after pedalling you will need to keep warm for any time spent in town;
- Riding gloves;
- Long riding tights or tracksuit (just in case we get a cold morning);
- Wallet and money/coins;
- Reflective vest, harness or jacket;
- Plastic cup or mug for morning and afternoon teas (to reduce the need for disposables)

Tools:

- Small screwdriver;
- Pliers;
- Tyre levers;
- Allen keys;
- Spare tubes;
- Puncture repair kit;
- Spare spokes;
- Any special tools for your bike

Off the bike:

- Casual clothes (shorts, jeans/trousers, skirt, dress, shirts etc);
- Shoes or runners for wearing off the bike, plus flip-flops or similar;
- Socks, handkerchiefs, underwear, etc;
- Your outfit for the final night party;
- Tracksuit (good to wear if it gets cool on or off the bike or to sleep in);
- Rain jacket;
- Swimmers;
- Towel;
- Hat or cap;
- Warm gloves or mittens;
- Bathroom kit with toiletries (soap, toothpaste, toothbrush, shampoo, etc).

First Aid kit

- Sticking plasters & Bandage;
- Pocket knife;
- Pain killers;
- Tweezers;
- Antiseptic;
- Personal medication;
- Personal ID;
- Mobile phone

Camping equipment:

- Plate, bowl, cutlery, cup and tea towel & maybe a good plastic wine glass (pack these in a lightweight shoulder bag);
- Waterproof tent;
- A warm Sleeping bag and self inflating sleeping mat;
- Small torch and batteries;
- Ear plugs (if you have difficulty sleeping in a thin walled tent)

Miscellaneous basics

- Sunglasses
- Sun block
- Lip balm
- Maps
- Rubbish bag
- Insect repellent
- Sewing kit
- Emergency toilet paper!
- Small backpack for camp use

Optional extras:

- Camera and film/memory cards to record your adventure;
- Mobile phone and charger;
- Pack of cards;
- A good book;
- Diary and pen;
- A fancy outfit for the final night fling!
- We always welcome riders with good voices and a way with musical instruments. Let us know in advance if you want to pack a guitar or harmonica, but be prepared to share your talents!

For more information go to www.bikesa.asn.au or email office@bikesa.asn.au