



Checklist of Mandatory Equipment

You must bring this equipment with you and there may be a check to ensure you have everything - otherwise you may not be allowed to take part.

Please note that in Hong Kong, we recommend Bull Bike, where registered participants on Mad Dog Challenges are eligible to receive a discount of 10% off if you purchase HK\$2,000 and 12% off if you purchase HK\$5,000. You must present your Mad Dogs receipt within 60 days of issue.

Item	Info
A bicycle	(A bike with water cages and strong road tyres - this could be a touring bike, hybrid or, if you're careful, road bike. We recommend Brooks leather saddles. Ironically a soft saddle will be painful over many days)
GPS	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.
Water bottles (to fit your frame)	
A cycle computer	(A cheap basic model is fine, but it must be CORRECTLY CALIBRATED to tell you accurately how far you have come – this is essential for following directions and pacing yourself.)
Multitool including Allen keys	Essential for adjusting the settings of your bicycle while on the go.
Pedal wrench	For putting your bike together and packing it up again!
Pump (small, to carry with you)	You won't be able to fix a simple puncture without this.
Puncture repair kit including tyre levers	We strongly favour the old fashioned type with patches and rubber cement. 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 transparent map holder	Ziploc bags don't work in heavy rain!
Bicycle lock	Strong - you will probably not be allowed to take your bike into the hotel room.
Plastic bicycle cover (such as http://www.wiggle.co.uk/ctc-cycling-uk-plastic-bike-bag/)	Without this you are won't be allowed to bring the bike into your hotel room. Many people sleep better with the bike in the room.
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 (apart from Japan where you can only obtain one when arriving at the airport.)
Bell	It's utterly essential to be able to warn others 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)	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.
Travel to the start of the challenge, and away from the finish.	It's particularly important to book your ferry ticket to and from Zhuhai for the Kaiping Dash in advance.



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 rides such as Singapore to Krabi.
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)	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 cleats which are easier to connect and disconnect. They are also easier for walking - if you really must use the large "racing" cleats, please make sure you bring the covers so that you are able to walk in them.)
Lightweight warm jacket, for Hokkaido	The early mornings can be slightly chilly.

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