



The TEAM PARKINSON'S 2011 CHALLENGE

What do I need to bring?

Clothing for comfort and respect

When packing, be aware that dress standards in Asia can be much more conservative than at home and you should dress accordingly.

Loose, lightweight and long clothing is both respectful and cool in the predominantly hot Asian climate (there is no need to pack a fleece or waterproof top as the weather stays hot/warm into the evenings). In addition, while facilities are offered by most hotels for a charge, there may be times when you need or want to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

As a general guideline, shoulders and knees should be covered at all times. The wearing of shorts and halter tops away from the beach or swimming pools is not allowed as they will restrict your entry into buildings of a religious nature and family homes.

Cycling shorts and tops are ideal, although we insist participants cover up when coming off the bike or stopping in villages as local people will be shocked and sometimes offended by the sight of tightly fitting clothing. Always having a loose pair of shorts on hand to put over your cycling shorts or a sarong to wrap around you is a great idea to avoid causing offence or missing out on visiting significant sites.

Dressing appropriately and respectfully of the local culture and customs is another way of being a good Ambassador for Australia and Parkinson's Victoria.

Luggage weight

On this trip you will be loading your own bag on and off the bus each day and at times, will carry them over longer distances, so we recommended you pack as lightly as possible (try to stay under 12 kg). You will also be responsible for any portage fees incurred. Suitcases are not recommended, but a backpack is ideal and an overnight bag (with a shoulder strap) will also work.

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Patron: The Governor of Victoria

Essential/ Recommended equipment list

Travel Documents:	
• Passport (with photocopies) with relevant visa	
• Travel insurance (with photocopies)	
• Airline tickets (given at the airport)	
• Credit card	
• USD cash	
*Tip: use a money pouch for security (keep documents inside a plastic bag)	
Personal Items	
• Basic First Aid kit	
• Sunblock	
• Sunglasses	
• Toiletries (biodegradable)	
• Watch or alarm clock	
• Ear plugs	
• Plastic bags for wet/dirty clothing	
• Wet wipes or antiseptic hand gel	
• Personal medications as required	
Clothing	
• 3 T-shirts (lightweight quick drying fabric) / long sleeved t-shirt	
• 2 pairs cycling shorts (padded)	
• 1 pair of comfortable shoes for cycling	
• 1 pair of sport sandals	
• 1 pair of shorts	
• Light sweater for evening (optional)	
• Small towel and swim wear	
• Sarong (useful for unscheduled toilet stops / temple visits)	
• Sun hat	
• Clothes to relax in	
Cycling Equipment	
• Helmet with good ventilation (compulsory for India)	
• 1 water bottle (min. 750 ml capacity recommended) or 'CamelBak' hydration pack	
• Small day pack for carrying items when cycling/trekking	
• Cycling gloves (India)	
Optional for INDIA:	
• Multi-tool (Allen keys) for minor adjustments to your bike	
• Bar ends (to give more choice of riding positions)	
• Your own saddle or gel seat cover	

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• Your own SPD pedals	
• Mini bicycle pump	
Other suggestions:	
• Camera and plenty of film	
• Adapter for recharging digital camera (American style with 2 parallel flat pins)	
• Spare batteries	
• Reading / writing material	
• Penknife (check this with your main luggage at airport)	
• Torch	
• Small calculator (will come in handing when bargaining with local traders)	
• Photos of family or postcards of home (locals love seeing pictures of "where you are from" and they are a great way to engage and interact)	

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