

What to Bring – Great East Rail Trail Ride October 2018.

Your luggage allowance.

Luggage is limited to 1 bag per person, weighing no more than 15 kg. Everything needs to be contained IN your bag – including tent and sleeping bag.

Remember that if you are coming with friends or family, you can share the load around – 1 person might have the tent while others carry their personal effects etc. We do have a bit of leeway for those coming alone who can't share around the heavy items like tents.

See our page 'Camping Lite' on the 'Before the Ride' page for tips on how to keep weight to a minimum.

Overweight bags are really tough on our crew who have to lift them, so please keep within the weight allowance. Dangly things tied on to the outside of bags make lifting awkward, and are very prone to damage. Extra bags will incur an extra fee of \$20 each.

"Easy Camp": if you have booked the Easy Camp option, omit tent and sleeping mat from the list below. You need to bring your own sleeping bag and pillow.

Accommodation booked: If you have booked to stay in the pubs and cottages, all your linen will be supplied for you including towels.

Your Bike:

- A mountain bike or hybrid bike - we recommend hybrids have tyres of at least 32 mm wide, and suited to gravel tracks.
- Approved cycle helmet
- Water bottle – minimum 1, preferably 2 if the forecast is for hot weather.
- Spare tube (correct size, not old and perished!) – even if you don't know how to replace it, someone near you will!
- Small day pack, pannier or other bike bag to carry jumper/ snack / camera as you ride.
- Snack food such as muesli bars to keep you going between brekky and lunch.

Camping gear:

- Tent
- Sleeping bag
- Sleeping mat
- Torch.

What to wear:

- Comfortable cycling clothes for both cool and hot weather. Lightweight long sleeved tops with collars are recommended for sun protection in summer.
- A thermal top and legs in case weather gets cold.
- Warm jumper – at all times of year – this is Victoria.
- Water proof jacket – same comment applies; waterproof pants also recommended if the forecast looks damp.
- Casual après cycle wear – formal attire not required.
- Bathers if you enjoy cooling off in rivers – and the weather forecast is warm!.

Keeping comfortable

- Sunglasses are recommended to protect your eyes from grit and glare.
- Sunscreen.
- Insect repellent. (At some times of year the mosquitoes in the forest are very persistent!)
- Toiletries and personal effects, including basic medications such as soothing ointments, painkillers., bandaids etc.

Keeping well:

- Medications: Bairnsdale and Orbost have chemists, but they are not all open 7 days per week. Carry a sufficient supply of all medications even if they are ones you **use only occasionally**. Particularly in spring, the many **flowering plants in the bush can kick off allergies** for those with hay fever and asthma, so come prepared!