

WHAT IS PROVIDED?

- ✓ **Ride Jersey**
- ✓ **Accommodation at Kurow – either Camping Ground (Cabins, Lodge or Caravans), Motel, Backpackers, hotel or Hall (Mattresses provided)**
- ✓ **Accommodation at Tekapo Army Barracks – bunk rooms**
- ✓ **Breakfast at Kurow & Tekapo**
- ✓ **Lunch at Fairlie, Omarama & Cave provided by Benefactor groups**
- ✓ **Dinner at the Kurow Hall & the Tekapo Army Barracks**
- ✓ **Comprehensive First Aid Kit with every group including cramp stop, hot water, antihistamines & paracetamol**
- ✓ **First Aid vehicle travels with the event and Medical Professionals are on hand**
- ✓ **Ice**
- ✓ **Water is carried in vehicle with each group**
- ✓ **Baking is carried in vehicle with each group**
- ✓ **Bananas are carried in vehicle with each group**
- ✓ **Sunscreen**
- ✓ **Tampons**
- ✓ **Tissues**
- ✓ **Antibacterial hand gel**
- ✓ **Lollies**

WHAT DO I NEED TO BRING MYSELF?

A sense of Humour
Sleeping Bag or Duvet
Pillow
Comfortable clothing for evenings
Personal Toiletries
Wet weather gear
Cycling gear

Personal sunscreen
Cycle Toolkit
Spare tubes
Spare tyres
Drink Bottle
Money (for extras)
Camera