



THE BUSH CLUB INC.

Suggestions to help you pack for a Day Cycle

Bush Club members are responsible for their own well-being and safety. The following list is a guide only. If in any doubt contact the Leader for further information.

| ESSENTIAL | ADDITIONAL WINTER ITEMS | ADDITIONAL SPRING / SUMMER ITEMS | OPTIONAL ITEMS |
|---|---|--|--|
| <ul style="list-style-type: none"> • Helmet • High vis vest or bright clothing • Water – Minimum of 1 litre Depending on season, difficulty and availability of water on the cycle route. • Lunch & snacks depending on length of cycle • First-aid supplies • Money / Opal Card / Credit Card • Sunscreen • Puncture Repair kit • Spare Tube (Two if on long cycle / country / dirt roads) • Bicycle Pump • Front / Rear lighting • Bell | <ul style="list-style-type: none"> • Fleece (during breaks / rests) • Gloves • Rain Jacket / Overpants | <ul style="list-style-type: none"> • Extra Water (Depending on availability of water on cycle route) • Electrolytes • Cable Ties for Helmet (Magpie season) | <ul style="list-style-type: none"> • Insect Repellent • Mobile Phone • Change of clothes • Spare charger |