

The logo for Perth Integrated Health Clinic, featuring the text "Perth Integrated Health Clinic" in a sans-serif font. To the left of the text are four vertical bars of varying heights, creating a stylized graphic element.

Perth
Integrated
Health Clinic

CYCLING HOLIDAYS OVERSEAS

PRESENTED BY:

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What to prepare for...

- Destination
- Travel Requirements
- Bike Requirements
- Equipment
- Bike Specific Clothing
- Training
- Fitness
- Wellness & Health



Destination

- Cycling Friendly Destination
- Local Knowledge of Cycling Essential
- Guides speak the Language of the region
- Road management aware
- Climate suitability



Travel Requirements



- Visa requirements
- Maximum permissible weight for carrier
- Bike friendly
- Travel Insurance
- Additional insurance for bike
- Currency
- Debit Cards vs Credit Cards
- City / Region Maps

Bike Requirements

- Your own bike or Hire?
- Check type of bike if hiring & equipment
- Best if guides are also bike savvy or trained mechanics
- Bike fits essential
- Tour should provide comprehensive tools
- Basic self tools may be needed



Equipment



- Front & Rear Lights
- Water Bottles
- Electrolyte / Food
- GPS – Garmin 705
- Maps
- Repair Kit
- Spare Tubes
- Tour should provide backup & emergency equipment
- Camera / Helmet camera

Equipment Preparedness



Proper Planning & Logistics



Clothing

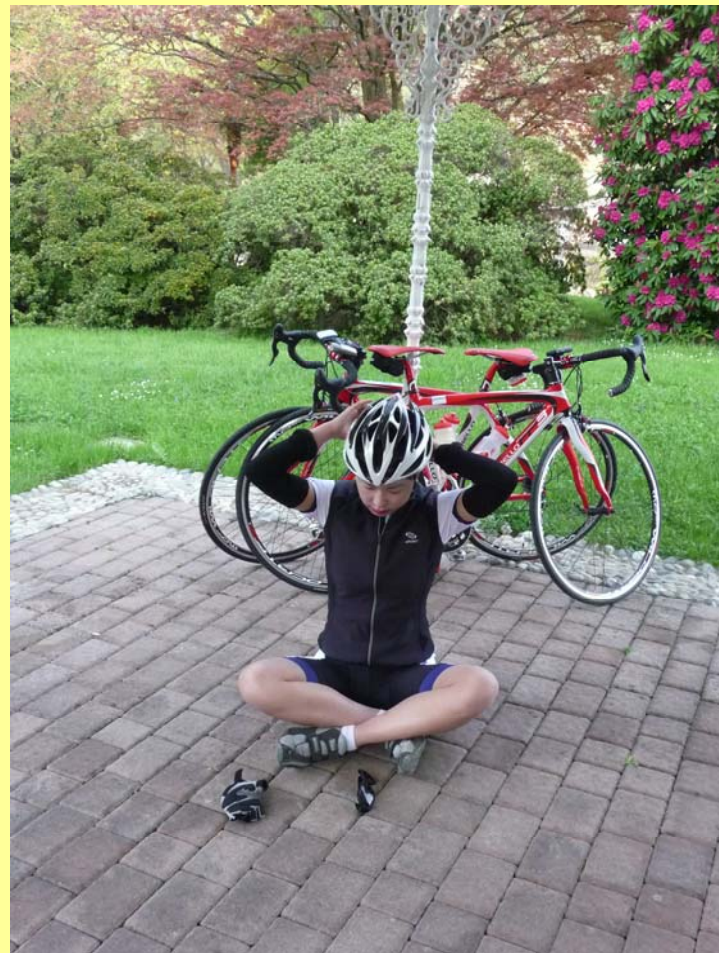
- 2 set of Gloves
- 3 to 4 sets of cycling jersey & outfits
- 3 to 4 pairs of socks
- Thermal-Internal clothing
- Wet weather clothing
- Arm and Leg warmers
- Protective glasses
- Scarves
- Cycling shoes
- Carry bag for clothing change



Training...



Fitness



Wellness & Health



- Eating the right food
- Drinking correctly
- Training up to 4 times a week on the bike
- Interval & variation training
- Cross training
- Stretching
- Clinical intervention & assistance

Further Information



- For Cycling Training
- For Fitness Preparation
- For Clinical Assistance
- Contact: Ian Wee
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- www.pihc.com.au/cycling

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