



The
PARIS-DAKAR
Challenge

RIDER ADMINISTRATION

INTRODUCTION

This document will help you prepare for the Paris-Dakar Challenge and covers the details of your preparation for departure. Please make sure that you read it in conjunction with all information provided on the website, in particular the [FAQ](#) page, and if you have any questions at all then don't hesitate to contact a member of our team on +44(0)1885 490828 or info@kuduexpeditions.com.

Personal documentation

All personal documentation must be checked prior to departure to ensure it does not become the source of problems once the journey is under way. It is essential that you make sure your documents are in order with plenty of validity remaining after the expedition ends.

- Passport – it must be valid for 6 months from the end of the expedition and have 5 empty pages.
- Passport photos x4
- Credit/Debit/ATM card (Visa)
- Traveller's cheques (optional)
- Cash – Euros recommended
- Driving license
- International Driving Permit (available from your automobile association e.g. RAC, AA and Green Flag in the UK)
- Photocopies or preferably a digital scan of the key pages of all documents
- Yellow fever vaccination certificate
- Inoculation record book
- Return ticket if already booked

If using your own bike you must also bring the following items each with photocopies:

- Carnet de Passage (the requirement for this document continually changes and so please contact us before you apply for it).
- V5 logbook
- Third party insurance and green card covering Europe and Morocco.

Visas

All visas will be obtained en-route for **British** citizens and citizens of the European Union.

Australian and New Zealand Passport holders must obtain their Senegal visa prior to travel. This can most easily be done in 48 hours in London just prior to the start of your trip (www.senegalembassy.co.uk). If you are unable to get this visa in person prior to travel, we recommend that you use a London based visa agency such as Travcour (www.travcour.com) to apply for this visa on your behalf. Please contact us for more information on obtaining this visa.

US and Canadian passport holders must obtain Gambia visas prior to travel. These can very quickly and easily be obtained by post from the Gambian embassy in Washington (see www.gambiaembassy.us).

Other nationalities should contact us to establish your visa requirements.

Important note: Kudu Expeditions cannot be held responsible for individuals who are rejected during the visa application process. We make every effort to ensure that visas are consistently and easily available to all our potential customers before they join our trips, and if you have any concerns of your eligibility then please get in contact for some advice.

Motorcycle riding equipment

This tends to be a matter of personal preference, however there are some good guidelines as to what you should be looking at wearing below. If you want our personal recommendations on specific items feel free to contact us by phone or e-mail and we will be more than happy to give them to you.

- Helmet – Either a motocross type or normal full face. If you are wearing a motocross helmet it is advisable to use one that gives you the option of wearing a full visor with it (e.g. TourX or budget alternative) in the event that the weather is poor in Europe.
- Goggles – not essential but a very good idea to keep sand out of your eyes in the desert.
- Jacket/trousers – Waterproof, detachable inner, easily accessible pockets, vents and synthetic material not leather. It should be able to keep you warm in the cold, cool in the heat, and dry in the wet! Try the Hein Gericke catalogue for some good options.
- Boots – a high-leg motocross/enduro type is **essential** (other than for participants who are not going off-road).
- Gloves – 1 x warm set for Europe and the Atlas mountains, and 1 x light leather set.
- Ear plugs – 1 x pair per week is recommended as a minimum for health and hygiene reasons.

Personal kit

Please remember that you are strictly limited to your 2 x 40 litre dry bags which will be provided for you at the training and orientation day. If you arrive with excessive baggage then it will not be allowed on the support vehicle and you will need to make alternative arrangements to have it sent home.

Equipment List

- Small day sack to keep on your bike
- Sleeping bag
- Inflatable pillow
- Roll mat and compact/inflatable sleeping mattress – e.g. a compact “Thermarest”
- Head torch
- Sewing kit
- GPS if not hiring one from Kudu
- Travel mosquito net
- Laundry soap
- Penknife (Leatherman or Gerber multi-tool recommended)
- Lighter
- 4 x bungees
- Water bottle/camel pack
- Cable ties

Personal clothing

You may well wish to take some smarter casual clothes for evenings out to good hotels or restaurants in the large cities and this is perfectly acceptable. The clothes that you wear on a day to day basis however, will get very dusty and dirty, and so the majority of garments that you bring (if not all) should be old or at least inexpensive.

- Light trousers/long skirt x 1
- Shorts x 1

- Swimwear x 1
- T-shirts x 5
- Underwear x 5 sets
- Socks x 5 sets
- Sun hat (wide brimmed or baseball type)
- Sandals/flip-flops
- Light walking boots or trainers
- Sun glasses

Toiletries

- Soap and dish
- Toothbrush
- Toothpaste
- Shampoo
- Shaving gel/soap
- Razor and blades
- Ear buds
- Anti-perspirant
- Foot powder
- Moisturiser
- Compact travel towel
- Toilet roll
- Comb/brush
- Sun lotion (a 100% sun blocker is essential for nose and face) · Insect repellent
- Wet wipes
- Nail clipper
- Headache tablets/non-prescription pain killers
- Small mirror

Miscellaneous items

- Camera
- Music/MP3 player
- Note-book and pen
- Guide book (e.g. Lonely planet)
- Michelin road map Africa North and West (B&W copies of maps will also be given to all riders with their notes)

Health

- Have sufficient anti-malarial tablets to last the duration of the expedition.
- Those who wear them should carry spare glasses in your luggage.
- Equip yourself with a personal first aid kit. They can be purchased cheaply from high-street chemists and as a minimum should contain the following:
 - Plasters

- Anti-septic cream
- Immodium (diarrhoea prevention tablets)
- Re-hydration sachets
- First aid dressings
- Tweezers
- Headache tablets
- Iodine or other water purifying tablets

Training and orientation days

Your training and orientation package is designed to familiarise you with the kit and equipment you will be using, and hopefully wet your appetite for the amazing, challenging adventure you are about to embark upon. This document will tell you where training is being held, what topics will be covered, and what you need to bring with you. If you have any further questions then please get in contact with us. They are normally held in the week prior to departure but the exact date will be confirmed to you by e-mail.

Coming from overseas?

Those riders coming from outside of the U.K. may quite understandably not want to travel long distances for such brief and informal events. Please don't worry if you are unable to make it – you will not miss any vital pieces of information and it won't affect your trip in any way if you do not come. You will have plenty of time to pick up all of the most important topics covered once the trip itself is underway.

Getting Here

Kudu HQ is situated within Court Farm Business Park, in the village of Bishops Cleeve in Worcestershire. If you wish to take the train then the nearest station is Ledbury which is a 15 minute taxi ride away. There are also direct trains from London Paddington to Malvern which is a 20 minute taxi ride from our workshop. If you are coming here by car, on arrival at Bishops Cleeve simply follow signs for the "Industrial Estate" and our unit is clearly marked with a large number "13". Click [here](#) for an online map of our location.

Staying Overnight?

You may wish to stay the night either before or after the training day nearby. You can stay in Bishops Cleeve at the local pub which also has rooms, or in the nearby market towns of Bromyard or Ledbury, where there are many more options. A couple of choices are listed below, but for further options and hotel reviews we recommend you visit www.tripadvisor.com.

The Chase Inn, Bishops Cleeve

This pleasant pub with accommodation is the nearest place to stay to Kudu HQ and is no more than 5 minutes walk from our workshop. It is prominently situated in the centre of Bishops Cleeve and is therefore very easy to find. Telephone +44(0)1885 490234 for current prices and reservations (prices start from £40 for a single room). The Chase Inn is also the most convenient place to have an evening meal and drink after the meeting has ended.

The Feathers Hotel, Ledbury

This hotel is situated in the centre of the nearby, historic market town of Ledbury, approximately 15 minutes from Kudu HQ by car or taxi, and a short walk from Ledbury train station. Phone +44(0)1531 635266 or visit www.feathers-ledbury.co.uk for the latest prices.

What will I need to bring with me?

Please bring riding kit able to keep you warm and dry if the weather is poor. Personal protective riding equipment required:

- Helmet
- Goggles
- Gloves
- Jacket
- Trousers
- Boots

Other things to bring:

- Casual clothing for indoor presentations and to wear in the evening if you are staying overnight.
- Personal spending money for snacks and drinks.

Meals

Lunch will be provided for you free of charge from the expedition support vehicle whilst you are at our premises at Court Farm.

Programme of Events

Start - 9am

End – 5.30pm

All training is based at Kudu HQ in Bishops Cleeve and it will be a busy day. Training is designed to give you the basic knowledge and skills to keep yourself safe as your experience builds up during the course of the trip itself. There will be ample time for you to really get to grips with all aspects of the kit and equipment once the expedition is under way. Although it is our intention for the day to end at 1730, please bear in mind when booking taxis etc that it may overrun by as much as 1 hour.

Motorcycle insurance

Those using motorcycles belonging to Kudu Expeditions must ensure that they qualify for our 3rd party motorcycle cover. It will legally enable you to ride the bike on public roads in the U.K., France and Spain. Once in Morocco this insurance is no longer valid and you will purchase your own 3rd party insurance as you enter each country. Below are the criteria for cover under Kudu's motorcycle insurance, and during the training day you will be required to sign a form declaring your eligibility before your bike is handed over to you:

1. You must be over 21 years of age
2. You must have had a full bike license for at least 2 years – if you had had your license for less than this then please contact us – we can normally obtain a waiver to enable you to still join the trip.
3. You must be free of all physical defect and infirmity
4. You must not engage in entertainment or sport on a professional basis
5. Drivers must not have been convicted of any of the following motor offences:
6. AC/BA/CD/DD/DR/UT/XX within the last five years
7. CU/IN/LC/MS/MW/PC/PL/SP/TS in the last three years
8. You must *not have been involved in more than one accident in the last three years.*

You will be required to sign for your Kudu motorcycle and also to confirm that you qualify under the terms of our own motorcycle insurance cover as listed above. If you have any concerns about your eligibility then please get in contact with us – it can normally be resolved quite easily by speaking to our insurers.

Travel insurance details

ALL RIDERS - Please complete, tear off and bring this slip to give to the Kudu staff on the day of departure. It is extremely important and will enable our team to liaise with your travel insurance company in the event of illness or injury.

NAME OF RIDER

Travel Insurance Policy Provider

Policy Number

Policy Emergency Medical Telephone Number

Next of Kin

Name

Relationship

Telephone number

Address



MEDICAL FORM

This **voluntary** form is highly recommended for anyone who has any ongoing or previous medical condition which we should be made aware of. It is **confidential**, and will only be used by the expedition medical advisor who will only divulge its details to suitable persons in the event of illness or injury during the expedition. Please bring the completed form to the expedition training & orientation day with you.

Name _____

| MEDICAL CONDITIONS | YES | NO | DETAILS |
|--|-----|----|--|
| <i>If you have ever had any of these conditions please try and answer all the questions opposite. This will assist the medical adviser in clarifying the significance or otherwise of a 'Yes' answer</i> | | | <i>When did you have it? How often did you have it? How long did you have it? Who treated the condition? What was the treatment? Do you still require treatment? How long were you off work?</i> |
| 1. Epilepsy, fits, blackouts, fainting turns or unexplained loss of consciousness. | | | |
| 2. Head Injuries leading to loss of consciousness requiring hospital admission. | | | |
| 3. Recurrent headaches or migraine. | | | |
| 4. Diseases of the nervous system e.g. neuritis, stroke, multiple sclerosis | | | |
| 5. Eye disease, injury or surgery. | | | |
| 6. Any visual defect including temporary visual problems | | | |
| 7. Ear infection, discharge, tinnitus, a hearing defect including deafness. | | | |
| 8. Vertigo, dizziness, giddiness, problems with balance. | | | |
| 9. Chest pain, angina or heart disease. | | | |
| 10. Varicose Veins or Circulation problems. | | | |
| 11. Rheumatic fever. | | | |
| 12. Raised blood pressure. | | | |

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|--|--|--|--|
| 13. Any blood disorder. | | | |
| 14. Asthma, bronchitis, emphysema, pleurisy, pneumonia or any other lung disease including TB. | | | |
| 15. Recurrent nausea, dyspepsia, heartburn, indigestion or hiatus hernia. | | | |
| 16. Gastric, duodenal or peptic ulcer. | | | |
| 17. Jaundice or any form of Hepatitis or other liver problem. | | | |
| 18. Any other abdominal complaint including hernia. | | | |
| 19. Kidney stones. | | | |
| 20. Recurrent kidney infection. | | | |
| 21. Any other kidney disease. | | | |
| 22. Any problems with any bones or joints including back, neck, sciatica or major fracture. | | | |
| 23. Have you ever consulted an Orthopaedic Surgeon, Chiropractor or Osteopath. | | | |
| 24. Have you been diagnosed as having Arthritis, Gout, Chondromalcia | | | |
| 25. Psoriasis, eczema, allergic skin rash or other skin disease. | | | |
| 26. Any metabolic disorder including Diabetes, Thyroid and Adrenal gland disease. | | | |
| 27. Any infectious diseases (apart from childhood illnesses) | | | |
| 28. Anxiety/depression, Phobias, mental breakdown or High levels of stress. | | | |
| 29. Any other mental illness. | | | |
| 30. Substance abuse (ie drugs, steroids, alcohol). | | | |

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| 31. Any allergies including hay fever. | | | |
| 32. Any surgical procedure. | | | |
| 33. Any malignancies or cancers. | | | |
| 34. Any hospital attendance or are you currently waiting for a hospital appointment or treatment. | | | |
| 35. Current prescribed medication including tablets, capsules, injections and inhalers. | | | |

Is there any other matter concerning your health not covered by the above questions, which the Kudu Medical Adviser should know about? Yes No

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| <p>Details</p> |
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Signed.....

Date.....