



Take on the **ROAD OF BONES**

with KUDU Expeditions

Customer Information Pack

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INTRODUCTION

Welcome to the information pack for our Road of Bones Expedition. In it you will find a wealth of information on this extraordinary and challenging journey which will help you decide if this kind of adventure is for you, and also assist with your pre-expedition preparations. If you have any questions at all which are not answered here then please don't hesitate to contact us on +44(0)1885 490828 or email info@kuduexpeditions.com.

A note for off-road beginners...

As with all of our expeditions we welcome off-road novices and you do not need to be an experienced trail rider in order to join the Road of Bones Expedition – however we always recommend at least some training prior to departure (Kudu recommend the [Yamaha Off-Road Experience](#) for UK riders). The expedition will also be accompanied by our normal team of highly qualified and professional staff who will help you along, and you can learn about the best ways to prepare yourself for the adventures to come throughout this information pack.

EXPEDITION ROUTE

Week 1

Riders will meet up at our temporary base in [Ulan Bator](#), Mongolia. This is a great place in which to begin our adventure, and your experience will begin with a full day of training, including basic bike maintenance, GPS navigation and your first ride-out using your Kudu bike. Day 2 will see us head north towards the Russian border and our first wild camp, before crossing the border and stopping off at the city of [Ulan Ude](#). You will have a full day's excursion to [Lake Baikal](#) – the world's largest body of fresh water and the world's deepest lake – before we start off on the Trans-Siberian Highway. It is approximately 1,500km of picturesque Siberian roads from Ulan Ude until we reach the junction north to [Yakutsk](#). Expect a mix of good tar roads and maintained gravel with some rougher sections as well.

Week 2

From the junction off-the main Trans-Siberian highway it is a further 1,400km north to Yakutsk. Mile after mile of [taiga](#), variable road conditions and remote, beautiful riding. Expect to see very few people for the next couple of days until we reach the city itself and then it is time to rest, recuperate and plan for the most challenging stage ahead. From here it is a ferry ride over the mighty Lena River as we embark upon the amazing ride to Magadan and see the Road of Bones for the first time. It is more than 2,000km of extremely remote Siberian wilderness and it promises to be an unforgettable adventure.

Week 3

The final week of the expedition will be spent travelling along the Kolyma highway and tackling the [Road of Bones](#) along the way. Expect stunning mountain scenery, tough riding, broken roads, many unexpected problems and delays and each day a new set of challenges and adventures. We will pass through [Tomtor](#) – the coldest inhabited place on earth – and pass within 20 miles of the [Pole of Cold](#). Some stretches of the Road of Bones have now been bypassed with a new gravel road, however we will endeavour to tackle the old road wherever possible and many hundreds of passable miles still exist leading to remote settlements in the vast Siberian wilderness. Finally you will enter [Magadan](#), undoubtedly exhausted, dirty and having ridden the ride of your life.

YOUR TYPICAL DAY ON THE ROAD

There really is no such thing as a "typical day" when you are on a Kudu Expedition, however this section will give you a good idea of the unique way in which we run our expeditions which is designed to give you as much freedom and as many options as possible. We want this expedition to give you the adventures and once-in-a-lifetime experiences which you will be telling people about for years to come.

Ride on your own, in a small group, or with the support team

Most people do not want to spend every day riding in a big group, but would much rather have the flexibility to either spend the day in a small group, or even travelling on their own if they so wish. Each morning you simply let us know what your plans are, based upon the expedition's travel plan which you will have been given well in advance, and away you go. Of course where there are particular issues for us to consider, such as expedition member's safety and security, then you may be asked to ride in a group. This is usually not required however, and if we do ask you to ride with the main group you can rest assured that there will be a very good reason which will be made clear to you at the time. For the majority of the time on the Road of Bones Expedition *you* will decide exactly how you spend your day getting from A to B.

Expedition notes

During the expedition you will receive comprehensive notes providing you with a wealth of information on all aspects of the trip. The detail covering roads, accommodation, food and fuel will mean that you can start the day's ride confident that you know where you are going, and exactly how you are going to get there. Contingency plans in-case of any problems en-route will also be given to you so that if the need arises you can summon help from the Kudu team as quickly as possible.

GPS Technology

For those of you not familiar with GPS (Global Positioning System) Technology, it is used extensively by us to plan and run our expeditions. They are a piece of fantastic technology which will give you a huge amount of freedom to go out and explore during the Road of Bones Expedition, and they also significantly enhance the overall safety of everyone on the expedition. Using satellite technology it will enable you to very easily navigate to any given destination en-route. That could be to meet up with the support crew for lunch, a key petrol station or your hotel at the end of the day. The co-ordinates (or "waypoints") that you will need will be pre-programmed into your GPS for you by the Kudu team and you will be given comprehensive, practical training on how to use the system during our pre-expedition training sessions.



GPS Recommendations

Kudu recommends Garmin's 60CSx model (pictured). It is rugged and will give you a colour map display to make navigating incredibly easy. You should also purchase a handlebar mount and using a power cable connected to the bike's power system will mean you don't need to worry about batteries. If you would like further advice on which GPS unit to opt for then please feel free to contact us and we will be glad to help.

Hiring GPS Units

We have a limited number of GPS units available for hire and they come pre-programmed with all waypoints and with a handlebar mount and power cable. Please contact us for availability and prices.

ACCOMMODATION AND FOOD

Hotel accommodation

The Road of Bones Expedition is by necessity approximately 65% wild camping. We will be staying in hotels when we are in the cities en-route to give everyone a chance to have a good rest and prepare for the next stage.

Camping in the wild

If you have decided that you have what it takes to tackle the Road of Bones on a motorcycle, then camping in the wild should not be a problem for you. Most people find it a really pleasant and memorable experience, and often prefer it to staying in hotels. On the occasions when we will be camping, at the end of a day's travel we will pull off the road (usually away from local settlements) and begin our evening routine. The vehicles get parked up and given their safety and maintenance checks by the riders, which should take no more than ten minutes. Then those whose turn it is to help the cook will usually find that everyone chips in, and before long you are tucking into a healthy and filling evening meal.

People tend to find that the routine of camping is something that they very quickly become accustomed to, and it can be one of the most worthwhile aspects of the entire journey. We do aim however, to have plenty of hotel accommodation during the most difficult sections to give you a chance to re-charge your batteries, and get a good night's rest in a proper bed at regular intervals.

Expedition food

Meals when camping will be made using the cooking facilities on the support vehicle and these meals are included in the trip price. Where this is not possible (for example when we are staying in hotels where our own cooking is not permitted) you will need to purchase your own meals. They are prepared on a rotational basis with all expedition members taking their turn in pairs. If you are not much of a cook then don't worry, you will be paired up with people who will show you the ropes and the Kudu staff will be there helping out too. Group cooking like this may be a little alien to you to begin with, but after the first week it will become an integral, and enjoyable part of the whole experience. Please ensure that you inform us on booking if you have any special dietary requirements.

What if I don't want to travel one day?

When you undertake the Road of Bones Expedition you must commit to completing the full trip. There will be days when you are tired and do not want to travel, however overcoming such adversities is what challenging adventures are all about. The carriage of motorbikes by the support vehicle is for emergencies only (for example serious illness, mechanical failure or damage) not to give riders a rest. Rest days are a part of the itinerary and in addition to scheduled rest stops we will do our best to remain flexible to the needs of our expedition members.

EXPEDITION MEMBERS

Am I Suitable?

Good news... the short answer is "probably"! The Road of Bones Expedition is designed to suit all kinds of riders with all kinds of abilities and there are often, but not always, easier opt-out routes where you can avoid some of the most difficult tracks that we will ride. It is important to realise, however, that this expedition will travel through some extremely testing regions where you will have no alternative but to tackle some tough trails. You will need determination to get through, but our staff and expedition support is there to assist you and you do not need off-road experience to sign up for the expedition. As with our other

adventures, your suitability for the Road of Bones Expedition will depend on your commitment to complete the expedition, your willingness to accept and act on the advice given to you, and your desire for an adventure which is far removed from the norm.

General attributes and experience needed

Although we are certain that you will have an absolutely fantastic time on the Road of Bones Expedition it is important to appreciate that this is an expedition rather than a holiday. During some of the more challenging sections you can expect to get cold, tired, dirty and frustrated at times. The qualities you should be able to display to get the most out of the experience are:

- A sense of adventure
- The ability to work closely as a team
- A sense of commitment to the expedition's success
- The ability to endure some tough and tiring days on the road
- An acceptance of other cultures

And most importantly of all...

- The ability to maintain a sense of humour when most other people's would long since have disappeared!

For motorcyclists...

Your suitability from a riding point of view is easier to gauge and the only requirements we have are as follows:

- You should have held a full motorcycle licence for a minimum of one year in order to ride one of Kudu's motorcycles.
- You must be confident handling and riding a motorcycle of the type ridden on the expedition.

Who else will be taking part?

Your fellow expedition members will be like you – after an adventure of a lifetime which they will never forget. They may come from any walk of life and from any country – as a general rule our expeditions encompass riders of several different nationalities and as well as British riders we have many Australian, New Zealand, American and Canadian riders and often enjoy the company of riders from South America, South Africa and the rest of Europe too. They may be experienced bikers or relative novices but we can guarantee that there is little chance any of them will have done anything like this before.

EXPEDITION SUPPORT

KUDU's Central Asia Specialists

We at KUDU have a policy of employing not just enthusiasts, but professionals, and we are fortunate in our Road of Bones Expedition team to be able to draw upon a wealth of experience of travel in the region stemming from our Round the World Expeditions and other tours. Your crew are quite simply the best in the business.

Technical Support

In keeping with KUDU's philosophy you will not only be supported by a qualified and experienced mechanic, but he will be equipped with the tools and spares to be able to do his job efficiently. Mechanical problems are an inevitable part of this kind of long distance,

challenging adventure, and we take great pride in solving these issues quickly, and with the minimum of fuss. At the time of writing we had never failed to repair any bike on the road, thanks to having the right support and the right expertise at our disposal at all times.

Medical Support

You will be accompanied by a medic during the Road of Bones Expedition. We are committed to bringing you *REAL* adventures, and that will always mean an element of risk. We take your safety very seriously, and with Kudu's medic and equipment as a part of your support team, you can rest assured that you will receive on the spot help in the event of injury or illness.

Rider support

We have taken many riders of varying abilities and experience on our expeditions. From national level enduro competitors, to riders who have never taken a bike off tarmac before in their lives. We take a very pro-active approach to rider training during the trip and you will get on-the-spot instruction and help if you need it. Trail rides will be challenging, but they are always technically straightforward, and achievable for off-road novices.

THE MOTORCYCLES



If you opt to take one of our bikes you will be riding an expedition prepared XT660 Tenere. They have been selected for their reliability and strength, as well as their go-anywhere ability. They are well suited to the rigours of travel through Siberia and they are also comfortable and easy to ride. All of Kudu's bikes are specially prepared by our own qualified mechanics, and they will have a number of modifications to increase their suitability for what will undoubtedly be a challenge for man and machine alike. Additional modifications to your motorcycle may be made at your request such as off-road foot pegs, raised handlebars and steel braided brake lines. If you would like to discuss all of the options available to you when we are preparing your bike then please don't hesitate to contact us and we will be glad to advise you.

Kudu's XT660 Tenere specifications:

- 659cc single cylinder 4 stroke
- Water cooled, chain drive, electronic fuel injection, electronic ignition
- 21" front rim, 17" rear rim
- Various additional fairing/bodywork modifications to increase robustness.

Lowered seat heights

Many riders are apprehensive about riding a tall dual-purpose motorcycle however we have a limited number of lowering kits available for those who want them. They reduce the seat height significantly and in addition to this the Tenere is a very well balanced and forgiving

bike to handle. Most riders tend to find that the tallness of the bike ceases to be an issue for them after the first couple of days in the saddle.

Maintenance

Day to day maintenance

A daily routine of basic checks will be put in place which will be the responsibility of expedition members to carry out on the motorcycles they are riding. This will include checks on such things as:

- Chain lubrication and tension
- Tyre pressures
- Oil and coolant level
- Brake checks
- Light and indicator checks

Kudu personnel will have their own matrix of more detailed checks to carry out to ensure the bikes stay safe and mechanically reliable. The rigours of this type of travel can quickly turn a new, mechanically sound motorcycle into an unreliable and potentially dangerous one if not cared for properly. It is absolutely essential that expedition members take a keen interest in the mechanical upkeep of their machines and you will be given plenty of guidance where this is concerned.

RIDING YOUR OWN BIKE

Which bike?

If you own a bigger bike and wish to bring it then please consider carefully the implications of getting a heavy machine through mud, rivers and along challenging, broken tracks. Feel free to bring your BMW 1200 or 1150GS but this expedition in particular will tackle some sections of road where a big bike will be very tough to handle. If you opt to use a 400-800cc bike then you can feel confident that when the trails become tough you can really go out and enjoy yourself on a machine that is suitable for genuinely adventurous travelling. Whichever bike you decide to ride, each has its pros and cons and we will be very glad to help and advise you to ensure that you are riding the bike that is right for *you*. If you think that your bike is too big you can always ride one of ours!

Pre-trip service & preparations

In order to reduce the amount of spare parts you will need to carry we suggest the following as a minimum pre-trip preparation for your bike:

- Fit a new, good quality O/X chain and sprockets
- Carry out a full service with spark plug and oil/air filter changes
- Fit new tyres (we recommend Continental TKC80)
- Fit new brake pads and check that the disks have at least 4,000 miles of life
- Have the bike inspected by a trusted dealer – they may notice something crucial which you do not!

Bike modifications to consider

Bike preparation can be expensive but often the modifications aren't really necessary. Treat most of the following as optional extras to consider - some bikes are pretty much built ready to go and require little or no modification at all.

- Lever guards – **essential** for a trip like this where there is no doubt your bike will end up on its side at some point! For the XT660Z Tenere try www.off-the-road.de
- Radiator guard – non-essential but a good idea although your bike may already have a plastic one which may be perfectly adequate.
- Fork seal protectors – non-essential and more for long term wear and tear. Consider Sealsavers.
- Handlebar risers – purely down to personal preference and available from Touratech for most models.
- Engine/Fairing crash bars – non-essential but can be a good idea depending on the bike you are riding. Try Metal Mule, Adventure Spec or Off-The-Road.
- Sump/engine guard – as **essential** piece of protection for your bike and an upgraded one is a good idea for the Tenere in particular if this is your bike of choice. Try Metal Mule or Off-The-Road.
- Taller screen – non-essential and once again down to personal preference.
- Intercom – non-essential but it means you can chat with your riding partners as you go along if they also have one.
- Off-road foot pegs – If you only have rubber pegs on your bike then consider this an essential modification. Aftermarket wider pegs are dependent on which bike you are riding and personal preference. Most dual purpose bikes have serrated metal pegs which are perfectly adequate.

Spare parts to bring

Provided you have had your bike well serviced and inspected, we recommend that you carry the following:

- 1 front and 1 rear inner tube where applicable (with puncture repair kit)
- 1 clutch lever and 1 brake lever
- 2 mirror mounting bolts
- 1 x clutch and 1 x throttle cable (if worn)
- 1 x indicator
- Spark plugs
- Oil and air filter if you wish to service your bike en-route

Shipping - getting your bike home

Kudu Expeditions will be arranging a container to ship by land and sea back to the UK for riders on their own bikes. We expect the cost to be in the region of £850 per bike, however we cannot confirm the price until nearer the time of departure. You can expect transit time to be in excess of 35 days and you should arrange to stay in Magadan for 1 extra day after the trip ends to process the paperwork and deliver your bike to the shipping agent. The Kudu staff will co-ordinate most things for you. We will arrange customs clearance and you will be able to collect your bike direct from the port of entry in the UK (normally Southampton or Felixstowe). Full details on return shipping arrangements and confirmed prices will be given nearer to the time of departure.

PRE-EXPEDITION TRAINING

Overview

Our unique pre-expedition training package is designed to ensure that expedition members have confidence in themselves and their equipment prior to departure. For the Road of Bones Expedition, training will be held over one day and at present this is scheduled for the first day of the trip itself and will be held at our temporary base in Ulan Bator.

Expedition overview (1 day):

- Meet the Kudu team and each other
- Equipment familiarisation

- Route familiarisation
- GPS training
- Expedition administration
- Motorcycle maintenance
- Basic motorcycle repair

Optional off Road training (1 day):

- For UK residents we highly recommend a day at the Yamaha Off-Road Experience – see www.yamaha-offroad-experience.co.uk

All expedition members will receive comprehensive instructions well before the training days giving you all the information that you will require nearer the time.

FINANCES

Please visit www.kuduexpeditions.com for current prices

Spending money

What non-inclusive costs will I incur?

The main non-inclusive costs will be fuel, food and your flight home. As most meals will come from the support vehicle (which is included in price), your meal costs should be kept comparatively low. Depending on how committed you are to keeping your own costs down you may budget as follows – please remember these are very rough guidelines only:

- Fuel – approx £195
- Meals - £150 to £250 depending on personal budget
- Return flight – approx £1,000
- Third party bike insurance - £65
- Miscellaneous border crossing fees - £25

Basic summary of what is not and what is included in price

Included in price

- Visas obtained in the UK prior to departure
- Accommodation (hotels are shared twin rooms)
- Tents (1 per person) and communal camping equipment
- Communal cooking and eating equipment when required
- Expedition support (expedition leader/mechanic/medic)
- Ferry charges
- Meals when camping
- All shipping fees for those on Kudu bikes

Not included in price

- Border/customs fees
- Fuel
- 3rd party motorcycle insurance
- Meals when not camping
- Flights
- Return motorcycle shipping for riders on their own bikes

Getting money abroad

We recommend that no more than 25% of your money should be held in traveller's cheques (Euros or USD) as they can be difficult and time consuming to change, and attract poor rates.

Most should be carried as cash or better still can come from the use of ATMs in main towns and cities.

How do I book my place and pay?

By far the easiest way to book your place and pay your deposit is on-line at the Kudu website – please go to www.kuduexpeditions.com/prices.

PREPARING FOR DEPARTURE

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 motocross helmets or normal “full-face” helmets without goggles are perfectly acceptable. The best option is a motocross style helmet that has a full visor and also allows you to wear goggles. Arai Tour-X or Shoei Hornet DS are a good example (although expensive) and they are the style of helmet that our guides normally wear. Cheaper versions (approx £125) of the same style of helmet are available.
- **Goggles** – If you are a keen off-road rider, intent on tackling the most adventurous sections on offer, then goggles with tints are recommended with a nose cover and clear tearaways to protect the lens from dust and sand.
- **Jacket/trousers** – You are likely to see at least some rain during this trip and so you need to have the means to keep yourself dry. Expect hot sunshine and humidity in Ulan Bator in particular but the possibility of some heavy thundery showers also. The weather will gradually become cooler as we head north, with nights possibly dipping below freezing between Yakutsk and Magadan. Easily accessible pockets, vents and synthetic material rather than leather are the way to go. Try the BMW Rally suit, the Rev'It brand or Hein Gericke's Tuareg series amongst other less expensive options.
- **Boots** - A high leg motocross/enduro type is essential - as soon as the tarmac ends then experience tells us that tough boots are an absolute must. Alpinestars Tech 3 (pictured) are a quality, well-priced option but not waterproof.
- **Gloves** – A light summer set for Ulan Bator to Yakutsk and a warm, dry winter set for Yakutsk to Magadan will be required.
- **Ear plugs** - 1 x pair per week is recommended as a minimum for health and hygiene reasons.



IMPORTANT - Carriage of personal kit

The majority of your personal kit is carried on the support vehicle (bikes do not have panniers) and there are strict limits on the size of baggage that we can accommodate per person. Each rider will receive 2 x tough 40L waterproof bags in which to store their kit and this represents their total allocation of space. If you follow the basic list below as a guideline you will find yourself well equipped to look after yourself throughout the duration of the trip, and you should easily be able to fit it into your allocated bags. Please be aware, if you arrive at the start with excessive baggage it will not be allowed onto the support vehicle and you will have to make alternative arrangements to have it sent home.

Personal documentation

All documentation must be checked prior to departure to ensure it does not become the source of delays once the expedition 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 4 empty pages
- Credit/Debit/ATM card
- Driving licence
- International Driving Permit (available from your automobile association e.g. RAC, AA and Green Flag in the UK)
- 1 x Photocopy or digital scan of the key pages of all documents

A scan of the key pages of your passport and driving licence should be e-mailed to info@kuduexpeditions.com before departure.

Visas

All visas must be obtained prior to travelling as follows:

- **Mongolian visas** – Kudu Expeditions is able to obtain this visa for all riders in London and in order to do this we will require your passport for a minimum of 2 weeks just prior to departure. We will inform all riders of exactly when your passports are required well before the departure date.
- **Russian Visas** – a single entry Russian visa is required. Kudu expeditions will co-ordinate this for all UK resident riders however you have to obtain this visa in your own country if not living in the UK. This is most easily done using a visa agency and ones specialising in Russian visas exist in most developed countries. If you are considering joining our [Mongolian Challenge](#) trip and then continuing with us on the Road of Bones then you will require a multiple entry visa.

Please 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 available to all our potential customers before they join our expeditions, and if you have any concerns about your eligibility then please get in contact for some advice.

Flights

- **Flying to Ulan Bator** – the cheapest flights tend to be from online sites such as www.expedia.com and www.opodo.com. At the time of writing flights were available from the UK to Mongolia for £350 using budget carriers.
- **Flying from Magadan** – Kudu Expeditions will be co-ordinating our flight out of Magadan to Vladivostok (TBC) from where you can easily arrange your international flight using www.expedia.com and www.opodo.com. We will be in contact nearer the time to let you know what the cost of the flight out of Magadan will be but at

present it is expected to be in the region of £250 per person. Please don't book any return flights until we have confirmed our flights out of Magadan with times and destinations.

Personal equipment

If you follow the basic list below as a guideline you will find yourself well equipped to look after yourself throughout the duration of the trip. Please remember we will be camping in some very remote regions (potentially cold and wet if we are unlucky with the weather) and so the better prepared you are, the more comfortable you will be!

- Small day sack
- Sleeping bag
- Inflatable pillow
- Roll mat and compact/inflatable sleeping mattress (e.g. Thermarest)
- Head torch
- Sewing kit
- Laundry soap
- Penknife (Leatherman or Gerber multi-tools are recommended)
- Lighter
- 4 x bungees
- Water bottle/camel pack
- Cable ties x 10

Personal non-riding clothing

- Trousers x 1
- Shorts x 1
- Swimwear x 1
- T-shirts x 5
- Thermal vest x 2
- Warm fleece x 1
- Woolly hat x 1
- 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
- Antiperspirant
- Foot powder
- Compact travel towel
- Toilet roll
- Sun lotion (a 100% sun blocker is essential for nose and face)
- Insect repellent (deet)
- Wet wipes
- Nail clipper
- Small mirror

All of the items listed here are available in towns and cities en route also.

Miscellaneous items

- Camera
- Music/MP3 player
- Note-book and pen
- Guide books
- GPS
- Road maps – scanned colour maps will be e-mailed to you prior to departure.

Health and hygiene

Good health and hygiene are essential to the success of the expedition, as without it illness can become a very unpleasant aspect of the trip. If you become unwell then your concentration when riding will suffer, as will your enjoyment of what should be a fantastic experience. By following the guidelines below you will be able to keep yourself and your fellow adventurers healthy on the road.

- You must have all the relevant travel inoculations prior to departure. Please speak to your doctor for advice on exactly what injections you will need to be given.
- Get a doctor's and dentist's check up before the departure date.
- Seek advice from your doctor if you have any concerns about ongoing or previous medical problems you may have had. Make sure he knows the true nature of what it is you are undertaking and if you require any further information regarding the expedition then don't hesitate to contact us.
- Get good travel insurance, which includes all medical costs with repatriation. You must make sure that your insurance company is aware of the nature of the expedition – in particular the fact that you will be riding a motorcycle and the relevant cc of the bike as well.
- Those who wear glasses should carry a spare pair in their 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

On the road

- Normal good health and hygiene practices before eating and after going to the toilet will help stop stomach bugs.
- The cooking of meals when camping must be done to ensure the best possible hygiene is achieved at all times
- Keep yourself well hydrated – always keep a supply of drinking water with you.

www.kuduexpeditions.com

EXPEDITION COMPLETION

Flying home

Kudu will be co-ordinating our flights out of Magadan as a group which will be to a major Russian hub such as Vladivostok. Please await confirmation of the flight times and destination before booking your international flight home.

And finally...

Thank you for taking the time to read through the Road of Bones Expedition information pack. We have tried to make it as comprehensive and informative as possible but it is inevitable that you will have more questions. Please feel free to e-mail them to info@kuduexpeditions.com, or telephone +44(0)1885 490828 for a chat on any aspect of the Road of Bones Expedition, and hopefully we will see you on the start line very soon!

