

Mandatory:

- Bike - own or rental
- Helmet - own or rental
- Front and back lights - LED strength

For Cycling:

- Cycling shirts – 3
- cycling shorts – 3 (padded)
- Waterproof cycling jacket – 1
- Cycling socks – 4
- Arm warmers/cycling/running jumper - 1 pair
- Leg warmers/sports trousers - 1 pair
- Cycle shoes or trainers - 1 pair
- Waterproof overshoes or water proof socks - 1 pair (just in case)
- Cycle gloves - warm and cold weather - 1 pair each
- Cycle glasses/sunglasses - 1 pair
- Cycle buff/ headband – 1
- Long sleeved base layer – 1
- Chamois cream/Vaseline
- Women - sports bras x 3
- Padded cycle seat cover (suggestion)

Wash Bag:

- Personal toiletries
- Sun cream
- Medication (Deep Heat, Voltarin, pain killers – all recommended for soreness)
- Personal first aid (plasters/compeed/anti-septic spray or cream)
- Pack of tissues/wipes/ sanitizing hand gel
- Plastic bag to keep phone / wallet in.

Non Cycling Wear:

- Underwear x 5
- Regular socks x 5
- Non cycling shoes e.g. Crocs/trainers - 1 pair
- Comfy trousers - tracksuit bottoms/walking trousers - 1 pair
- T shirt x 2
- Warm fleece / hoodie x 1
- Mobile phone, charger, adapter if from abroad.
- Wallet and cash (Euros) and credit card(s)
- PJ's (aka sleeping clothes)
- Ear plugs (just in case)
- Warm/waterproof jacket for the evenings

Bike Kit (Not Essential):

- Multi tool with correct Allen keys.
- Tyre levers
- Mini bike pump
- Spare inner tubes (2 with you, 2 spare)
- Bike/chain lube