

Kit List



Cycling Gear

- **A Racing Bike:** recently serviced and ready to go
- **Helmet:** An essential safety item.
- **Cycling Shorts:** 2-3 pairs of **padded cycling shorts** (it is suggested that this is worn without underwear to prevent chafing).
- **Cycling Jerseys:** 2-3 moisture-wicking short-sleeved tops.
- **Layering:**
 - Lightweight fleece or long-sleeved cycle jersey.
 - Lightweight **windproof gilet or jacket**.
 - Arm and leg warmers for versatility.
- **Waterproofs:** A lightweight, packable **waterproof cycling jacket**.
- **Footwear:**
 - Cycling shoes (compatible with your pedals).
 - Waterproof overshoes or socks.
 - Comfortable shoes (e.g., trainers or flip-flops) for the evenings.
- **Socks:** Several pairs of cycling socks and casual socks for evenings.
- **Gloves:** Short-fingered cycling gloves and a pair of warm, long-fingered gloves for cold conditions.
- **Eyewear:** Cycling glasses (preferably with interchangeable clear/tinted lenses) to protect from sun, wind, and flies.
- **Accessories:** A buff or neck gaiter.
- **Navigation:**
 - A smartphone with a GPS app and offline maps (ideally OS-Maps).
 - A power bank to charge electronics on the go.
 - A physical paper copy of the days route
 - A Garmin or similar device for you bike

Bike Kit & Maintenance

- **Bike:** Ensure your bike is serviced and in good working order before the trip.
- **Lights:** Front and rear LED lights (with spare batteries or a charger).
- **Hydration:** 2 large water bottles and cages, or a hydration system (e.g., Camelbak).
- **Repair Essentials:** A small saddle bag containing:
 - **Multi-tool** (including Allen keys, screwdrivers, and ideally a chain tool).
 - **Spare inner tubes** (2-3) that fit your wheels.
 - **Tyre levers** (2 plastic ones are often sufficient).
 - **Puncture repair kit** (patches and glue).
 - **Mini-pump** (and CO2 canisters if you use them or mini electric).
- **Spares** – This is hard to know but check what is recommended online
- **Chain Lube:** Small bottle of weather-appropriate chain lubricant.
- **Lock:** A lightweight but secure bike lock.

Personal Items

- **Large Luggage bag**
- **Clothes for the evenings**
- **Documents:** Photo ID, bank cards, some cash, and insurance documents (keep these with you luggage).
- **Toiletries & First Aid:**
 - Toiletries (toothbrush, toothpaste, soap, etc.).
 - Small quick-dry travel towel.
 - Sunscreen and lip balm.
 - **Chamois cream** to prevent saddle sores.
 - Basic first aid kit: plasters, antiseptic wipes, painkillers, blister pads, and personal medication.
 - Hand sanitiser gel.

Food and Drink

- **Snacks:** High-energy snacks (energy bars/gels, nuts, dried fruit).
- **Electrolytes:** Electrolyte powders or tablets to add to water.
- **Lunch each day**

Packing & Carrying

- **Plastic bags:** For keeping clothes and documents dry, and for separating wet/dirty gear.