

# The Cambridge Cycle Kit List



## Bike Clothing

Bike Helmet (compulsory)

Bike Gloves

Padded Cycling Shorts & Cycling Top

Waterproof / Warm Cycling Clothing (The weather forecast is ever changing)

Cycling Shoes & Socks

## Other Clothing

Casual Clothing & Footwear (you may wish to change into post cycle)

## Bike Kit

Bike

Water Bottle / Camelbak (to be used when cycling)

Small Backpack / Bento Box (for accessible food)

Tyre Levers

Bike Pump

Spare Inner Tubes

Puncture Repair Kit

## Hygiene & Health

Sun Protection

Anti-Chafe Cream

Prescribed Medication (if applicable)

Basic First Aid Kit (Guides will carry as well)

### Other

Currency

Power Bank Charger(s)