

# London to Amsterdam Kit List



## Bike Clothing

- Bike Helmet (compulsory)
- Bike Gloves
- Padded Cycling Shorts
- Cycling Tops / T-shirts
- Waterproof / Warm Cycling Clothing (having layers of clothing on will also help you to keep warm)
- High Viz Vest / Clothing
- Cycle Shoes and Socks

## Other Clothing

- Casual Clothing (for when not cycling) - Please ensure you have warm items of clothing for when waiting to board the ferry
- Shoes / Trainers

## Bike Kit

- Bike
- Bell (legally required in Holland)
- Bike Lights / Head Torch (the mornings can be very dark)
- Water Bottle / Camelbak (to be used when cycling)
- Small Backpack / Bento Box (for accessible food)
- Tyre Levers
- Bike Tools and Pump
- Spare Inner Tubes x 4
- Puncture Repair Kit

High Quality Puncture Resistance Tyres (are strongly advised)

### **Luggage / Packing Equipment**

Holdall (for everything in the support vehicle)

Packing Sacks and Dry Sacks

Plastic Bags (for wet clothes)

### **Hygiene & Health**

Toiletries

Sun Protection

Flannel / Hand Towel

Anti-Insect Spray

Anti-Chafe Cream

Anti-Nausea Tablets / Bands (for ferry crossing)

Prescribed Medication (if applicable)

Small First Aid Kit (guides will carry as well)

### **Nutrition (suggestions only)**

Energy Snacks

Fluid Replacements

### **Documentation / Other**

Passport

Return Travel Documents

Travel Insurance (to cover you for cycling activities) & EHIC Card (if applicable to you)

Mobile Phone (& Charger)

European Plug Adapter

Currency