

## Bike Clothing

- Bike Helmet (compulsory)
- Bike Gloves
- Padded Cycling Shorts\*
- Cycling Tops / T-shirts\*
- Waterproof / Warm Cycling Clothing\*\*
- High Viz Vest / Reflective Clothing
- Cycling Shoes & Socks

\* You should aim for at least one cycle outfit per day and one extra for spares as the weather can be unpredictable.

\*\*Warm cycling clothing should include jackets / gloves / arm & leg warmers. Often the weather is very cold when cycling early mornings. Having layers of clothing on will also help to keep you warm.

## 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 / Flip Flops

## Bike Kit

- Bike
- Bell (legally required in The Netherlands)
- Bright Bike Lights / Head Torch (dependant on timings and itinerary - please check with CC for your event)
- Water Bottle / Camelbak (to be used when cycling)
- Small Backpack / Bento Box (for accessible food)
- Tyre Levers
- Bike Tools & Pump
- Spare Inner Tubes x 4 (at least!)
- Puncture Repair Kit
- High Quality Puncture Resistance Tyres (are strongly advised)

## **Luggage / Packing Equipment**

- Holdall - clearly marked with your name (for everything in the support vehicle)
- Packing Sacks and Dry Sacks
- Plastic Bags (for wet clothes)

## **Hygiene & Health**

- Toiletries
- Sun Protection
- Flannel / Hand Towel (suggest to bring in a plastic bag to keep other items dry)
- 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 (if you have trained with anything specific and wish to have them on the event with you):**

- Energy Snacks
- Fluid Replacements

## **Documentation / Other**

- Passport
- Return Travel Documents
- Travel Insurance (to cover you for cycling activities) & UK GHIC Card (if applicable to you)
- Mobile Phone & Charger
- European Plug Adapter
- Currency
- Power Bank Charger(s)