

## 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 leaving the ferry on Day 2 and cycling early mornings. Having layers of clothing on will also help to keep you warm.

## Other Clothing

- Casual Clothing (for when not cycling)
- Shoes / Trainers / Flip Flops
- Bath Towel
- Light Blanket / Sleeping Bag / Roll Mat (for ferry unless you wish to upgrade and purchase a cabin bed/room)

## Bike Kit

- Bike
- Bell (legally required in France)
- Bright 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 & Pump
- Spare Inner Tubes x 4 (at least!)
- 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
- Baby Wipes (or similar)
- Anti-Insect Spray
- Anti-Chafe Cream
- Anti-Nausea Tablets / Bands (for ferry crossing)
- Prescribed Medication (if applicable)
- Basic First Aid Kit (Guides will carry as well)

### **Documentation / Other**

- Passport
- Return Travel Documents
- Travel Insurance (to cover you for cycling activities)
- Mobile Phone
- European Plug Adapter
- Currency