

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. Having layers of clothing on will also help to keep you warm if required.

Other Clothing

- Casual Clothing (for when not cycling)
- Shoes / Trainers / Flip Flops
- Bath Towel

Bike Kit

- Bike
- Bright Bike Lights / Head Torch
- 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) & EHIC Card (if applicable to you)

Mobile Phone & Charger

European Plug Adapter

Currency

Power Bank Charger(s)