

✓ Please use this check-list to help you pack!

Important Documents & Money

Money	<i>Carry some cash for convenience; you will not need much</i>
Credit Card	<i>Always carry a credit card in case of emergencies; make sure you know your PIN number</i>

Luggage

Rucksack/expedition kitbag	<i>For your main luggage; see luggage notes (below)</i>
Day-sack / waist pack	<i>See luggage notes (below)</i>

Cycling Gear

Cycle helmet	<i>Compulsory</i>
Cycling shoes / trainers	<i>Make sure you train in them and they are comfortable. Stiff sole recommended for increased power transfer between foot and pedal</i>
Cycling socks	<i>A spare pair useful to ensure dry socks throughout the challenge</i>
Cycling gloves (fingerless)	<i>Essential for comfort and grip – gel padding reduces road vibration; thin full-fingered gloves may be useful at night or early morning</i>
Padded cycling shorts	<i>Lycra with chamois insert better than ‘baggies’</i>
Cycling leggings	<i>For cooler temperatures or to put on for extra warmth when stopped</i>
Cycling top / T-shirt	<i>Traditional cycling jerseys have useful pockets at the back and usually wick moisture well; tops made from cotton absorb sweat - not recommended</i>
Wicking base layer	<i>Recommended if cycling tops do not wick moisture well enough</i>
Thermal jacket / warm top	<i>For cooler temperatures or when stopped</i>
Waterproof windproof jacket / cycling cape	<i>Good quality essential; material should be highly breathable and have good wind resistance to prevent cold air reaching your chest</i>
Hat / cap	<i>For sun protection off bike</i>
Sunglasses	<i>Must fit well so stay in position when looking down; wraparound style useful</i>
Overshoes	<i>Optional – keep feet warm and dry in wet conditions</i>
Hi-vis reflective vest / jacket	<i>Highly recommended for safety in limited visibility; hi-vis patches/strips or strap good alternatives</i>

General Clothing

Change of clothes and footwear	<i>To change into after the challenge</i>
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General Equipment

Water bottle(s) / camelbak	<i>Should be able to carry min 2 litres</i>
Liquid handwash / wet wipes	<i>Waterless for easy hygienic hand-washing</i>
Snacks (eg energy bars / drinks powders or gels / dried fruit / jelly babies)	<i>Some snacks will be provided but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy</i>
Camera	<i>Ensure battery charged and memory card has enough space</i>
Bike lock	<i>Useful if you want to pop into a café or shop / toilets enroute</i>
Pump & puncture repair kits / allen keys	<i>There is full vehicle support but having your own basic supplies means you do not have to wait for help every time</i>
Spares & tools	<i>If your bike has any unusual features; see Cycling Information below</i>

Small Personal First Aid Kit

Include any medication you take regularly or while exercising, plus:

Diarrhoea tablets	<i>eg imodium</i>
Sun cream / SPF lip balm	<i>Higher factor than normal strongly recommended due to long hours on bike</i>
Aftersun / moisturiser	<i>Exposure to the elements can make skin dry</i>
Painkillers	<i>eg ibuprofen, paracetamol</i>
Rehydration sachets	<i>eg dioralyte</i>
Antihistamines	<i>For allergies / insect stings</i>
Plasters and blister dressing	<i>compeed / moleskin / tape and dressings (whatever works best for you)</i>
Vaseline / talcum powder / canesten / sudocrem	<i>For saddle sore / rashes – also many specific chamois creams on market. Different methods of prevention & treatment suit different people</i>
Muscle rub	<i>Eg deep heat, radian B</i>

CLIMATE

The British summertime climate can be warm and sunny, cloudy and cool, rainy and windy or a mixture of everything! Expect the weather to change over the duration of your challenge. Some rain is likely in the summer months and there may be strong winds in flatter areas. You should be prepared for all weathers! You need good quality kit – you will enjoy the ride more if your equipment keeps you warm and dry.

CYCLING INFORMATION – please call the office with any further bike-related queries

- We strongly recommend you bring a road/racing-style bike for this trip, and also recommend that you do your training on the same bike.
- It is **essential** that you check your bike is in good mechanical order well before the start of your ride. If in doubt, most good bike shops will service it for you.
- Clipless pedals (with cleated shoes) give you greater power from the effort you put into each pedal revolution – they take some getting used to though and most people fall off a few times! PLEASE ensure you get used to them in good time before the ride!
- There will be a full tool kit with spares i.e. inner tubes, puncture repair kits etc carried in the support vehicles but we cannot supply spares for all eventualities. If your bike has unusual features (eg flat spokes) please ensure you bring some suitable spares and tools as appropriate. Please do not assume that bike shops will stock everything either – many have to order specialist parts.
- Make sure your bike is insured under your house contents policy or separate cycle insurance, as most travel insurance policies (including ours) will not cover the full cost of replacement.

LUGGAGE

- Please be careful when packing your luggage as we are restricted by space available. You will not need much. We recommend a small rucksack with a camera, waterproof jacket, hi-vis vest, sun cream, snacks, bike pump and anything else you need for the day. We do not recommend handlebar bags. We would recommend that you leave all items that you do not require for the ride in your car.
- You may wish to invest in a small saddle bag which fits to the bike frame and can hold a spare tube, puncture repair kit, allen keys and other small items to save weight on your hips or back.