



Suggested Kit List

Cycle Events

We often get asked about kit & what's needed on an event. Generally speaking, you should pack light. Cycling kit doesn't take up too much room and you'll usually only require a set of clothes for the evenings / travelling to and from our multi-day rides.

Out on the road

You should carry everything that you want for the day's ride with you. Typically, this will include spare inner tubes, pump / gas canisters, tyre levers, multi-tool, water bottles and any additional clothing according to the weather.

In terms of spare or additional kit, all of our support vehicles carry tool-boxes with enough equipment to fix basic mechanical issues, and we also have spare front and rear wheels / spare bikes that can be used if required. Should your bike have any 'non-standard' parts, or need any special equipment (such as electronic gears or disc brakes), please bring these along with you.

Spare inner tubes will be available to purchase on the ride, along with cleats, tyres etc.

Luggage

You will need surprisingly little luggage with you on our events. We suggest that you pack light – similar to carry-on luggage in aircraft, and soft holdall type bags are ideal.

Most of our rides are fully inclusive, so don't hesitate to check with us if you want to know about what energy gels or sports nutrition products we will provide, along any cycle kit that you'll receive on the ride.

If we are providing a bike transfer service, you will not need to pack your bike into a bike box or bike case unless specifically stated.

Suggested kit list for a multi-day ride:

- Bike – ideally the same bike as you have been training on.
- Helmet (mandatory). If you do not have a helmet, you will not be permitted to ride.
- Small hand-held bike pump / gas canisters
- Multi-tool
- Spare tubes to fit your wheels
- Tyre levers
- 2 water bottles in cages on the bike
- Cycle shorts
- Cycle jerseys
- Cycle gloves (optional according to personal preference)
- Wet weather cycling kit
- Sun-cream
- Change of clothes for the evening
- Toiletries and medication
- Passport (if appropriate)
- EHIC Card (if travelling in Europe)
- Mobile phone
- Energy Gels (optional)
- Cash (local currencies)
- Holdall – ideally a soft, supple holdall, as opposed to a hard-shell suitcase for your main luggage.
- Small rucksack for keeping personal belongings (optional). You can either carry this yourself, or keep in the support vehicle, where it will be transported to the hotel along with your other luggage.
- Insurance documents – we recommend that you obtain adequate travel insurance, both for yourself and your bike.
- Any specialist bike parts (e.g. spare batteries for electric gears / brake pads for disc brakes)