

CYCLING

KIT LIST

OUR MUST HAVE ESSENTIALS AND OPTIONAL EXTRAS

Clothing Essentials

- Padded Cycling Short
- Cycling Shoes or Trainers
- Lightweight Waterproof Jacket
- Cycling Jersey (Insulated For Warmth)
- Base Layer Tops
- Mid Layer (Fleece)
- Trousers (For Cooler Weather)
- Casual Clothes For When Not Cycling
- Extra Light Shoes For Evening Use
- Helmet (Please Take Your Own!)
- Gloves (Short Or Long Fingers)
- Walking Boots Or Shoes If You Plan To Do Some Walking

Other Essentials

- Energy Food
- Water Bottle Or Hydration Pack
- Sun Cream
- Sunglasses
- Insect Repellent Cream/Spray
- First Aid Kit With Basic Necessities (blister treatment)
- Camera, Charger & Spare Memory Cards
- Mobile Phone & Charger (important for quickly getting help in case of injury)
- Universal Plug Adaptor
- Any Medications You Take

Optional Extras

- GPS Device/Bike Computer
- Own Saddle
- Own Pedals (Bring A Pedal Spanner)
- Lights For Bikes
- Map Carrier
- A Book (or Two) To Read

Don't Forget

- Passports
- Any Visas (Your Responsibility)
- Travel Documents
- Local Currency & Credit Cards
- Travel Insurance
- Hooked on Cycling Tour Package

If You Intend To Take Your Own Bike You Will Need To Bring The Following:
Panniers or Handlebar Bag, Repair Kit Including Tools & Inner Tubes, & A Lock

HAVE A FUN HOLIDAY & ENJOY!