

KIT LIST

Use your equipment before you go – particularly your bicycle, helmet and other bike gear – this will show up any issues and whether they are all comfortable enough. **We ask all cyclists to have their bikes checked over before starting the challenge.** Although we have a mechanic in the support team, there is only so much we can do 'on-the-road'. We carry a couple of spare bikes in case of any major breakdown.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. The general rule is that if you don't need it, don't bring it.

You will need to carry two spare inner tubes, a set of tyre levers, pump, your mobile phone, a waterproof jacket and the emergency number card with you at all times whilst on the challenge.

ITEM	TAKE IT?
Baggage	
Handle bar bag/bum bag (for sun cream, waterproof jacket, camera, puncture repair kit, tyre levers, 2 x inner tubes, pump, mobile phone)	Yes
Clothing	
Cycling helmet (MUST BE WORN AT ALL TIMES WHILST CYCLING)	Yes
Cycling gloves	Yes
Cycling shorts or bib (padded for cycling is advisable)	Yes
Loose shorts (to wear over cycling shorts)	Optional
Cycling shoes or stiff soled sports shoes	Yes
T-shirts (cycling / leisure)	Yes
Lightweight waterproof (jacket only)	Yes
Socks (cycling / leisure)	Yes
Bike and kit	
Own Bike!	Yes
Water bottle (2 x 500ml bottles advised)	Yes
Tyre Levers & pump to be carried on bike at all times	Yes
Spare inner-tubes x 2 to be carried on bike at all times	Yes
Other	
Sunglasses	Yes
Camera	Optional
Mobile phone for emergencies – on bike at all times	Yes
Spare clothes to change into at the finish (will be carried by support truck to the finish)	Advised
Money for food at the finish	Advised
Gels, tabs for water	Advised