

# WHAT TO BRING ON THE BIKE KIT LIST

CYCLING GEAR	CYCLING REPAIR KIT*
Bike helmet*	Multi-tool (and correct Allen keys)
Front and back lights (minimum LED Strength)*	Set of tyre levers
Face mask**	Mini bike pump
Hand sanitiser	Spare inner tubes x3
Cycling tops	Quick Link/chain links
Cycling shorts	Bike/chain lubricant
Waterproof cycling jacket	Rear mech hanger
Long sleeved cycle jersey	Spokes
Cycle gilet	Chain tool
Cycling socks	
Arm/leg warmers	
Bike computer & charger	
Bike shoes	
Waterproof overshoes or socks	
Spare cleats/cleat covers	
Bike gloves (warm and cold)	
Cycle glasses/sunglasses	
Buff/skullcap/headband	
Chamois cream/Vaseline	
Long sleeved base layer	
Bottle cage x2 (attached to bike)	
Seat cover	

\*Compulsory

\*\*In case compulsory at time of the event

# WHAT TO BRING OFF THE BIKE KIT LIST

EVENING & OVERNIGHT	WASH BAG
Sleeping bag (3 or 4 season)*	Personal toiletries
Camping mat (excl. Plus riders)*	Sun cream
Waterproof bag or waterproof liners/dry bags*	Ear plugs
Head torch and spare battery*	Eye mask
Waterproof shoes/trainers/wellies	Hand sanitiser
Plastic bags/dry bags for wet kit & protecting	Insect repellent (essential for Scotland)
Underwear	Pack of tissues
Pyjamas	
Socks (non-cycling)	MEDICAL BAG
T-shirt	Regular medication
Base layer thermal	Painkillers
Warm fleece or hoodie	Alcohol hand gel (for cleaning small wounds)
Warm down jacket	Chamois cream
Warm hat	Vaseline/Sudocrem (or similar, for chafing)
Tracksuit bottoms/comfy trousers	Second skin (alternative Compeed for sores)
Flip flops / crocs	Fabric plasters (assorted)
Mobile phone & charger***	Compeed (large)
Midge head net (for Scotland)	Loperamide (Immodium)
Alarm clock/watch	Spare facemask**
Cash or credit/debit card	
Reusable cup/mug	

\*Compulsory

\*\*In case compulsory at time of the event

\*\*\*Save your emergency contact number under "NOK" / "ICE"