

CLOTHING

- T-shirts – one per day and spares for the evening (3 cotton HMT shirts will be provided for every rider)
- Socks –one pair per day plus spares and extra for evenings
- Waterproof jacket / bicycle poncho & trousers (we’ re in the UK – expect rain!)
- Cycling shorts – 1 or 2 pairs (padded)
- Cycling shoes – or suitable footwear e.g. sports sandals (which dry quickly) or trainers
- Fingerless gel padded cycling gloves – one pair
- Scarf to cover back of neck to avoid sun burn
- Cap to cover head when not wearing helmet
- Spare trainers
- Casual wear for evenings and free time
- Warmer layers for the evening

EQUIPMENT

- Cycle helmet – essential
- 1 – 2 water bottles for bike, with a cover on top to prevent mud from getting into the drinking nozzle. A more hygienic alternative is a “camel pack” which is worn on the back.
- Saddle – your own saddle or a gel seat cover (optional)
- SPDs and bar ends (optional)
- Bum bag for carrying small items while cycling e.g. camera, sun cream, tissues etc.
- Small ‘day’ bag which can be used for extra items and transported on support vehicle
- 1 lightweight travel size towel
- Good quality sunglasses with UV protection
- Ear plugs (sharing with noisy room mates can prevent sleep!)
- Travel alarm clock
- Carrier bags/bin bags – useful for dirty washing or wet clothing
- Camera and memory cards

SMALL PERSONAL MEDICAL KIT

- Sufficient supplies of regular medication
- Antiseptic ointment
- Plasters & bandages
- Ankle & knee support
- Pain killers
- Diareze, Dioralyte, immodium
- Vaseline or sudacrem
- Isotonic powders (if used to taking them during training), energy sweets, cereal / energy bars
- Lip salve (minimum factor 20)
- Sun block (minimum factor 30)
- Tissues & toilet paper
- Wet wipes & anti-bacterial hand gel
- Contact lens wearers should bring glasses and / or prescription sunglasses
- Ladies are advised to take tampons regardless of timing

Pack as lightly as possible, preferably in a soft, robust bag as all luggage is transported together each day in a truck and needs to be durable. No hard suit-cases if possible, as truck space is limited and squashy bags. Take a lock for added security. This list is not exhaustive and also some items may not be required during the trip but it is better to have them than not!