

List of recommended items to bring

Clothing

- Thin pullover
- Middle-thickness pullover (you can wear the thin one, the middle one or both together to give more flexibility rather than taking a thick pullover)
- Spare plain black cycling knicks
- Cycling shoes
- Clothes to wear when off the bike (incl something warm)
- Clothes to wear for farewell dinner
- Helmet
- Gloves
- Rainproof coat (cycling)
- Front and rear bike lights
- Spare batteries or chargers

Tools

- Pump
- Tyre levers
- Chain lube
- Patch kit
- Spare tube (and tyre, depending on how far you are going)
- Valve cover with attachment for removing valves
- Spare valve
- Double-length chain link pin
- Allen Keys
- 15 mm spanner (for pedals, especially if taking your bike by plane or bus)
- 8 mm spanner (for other nuts and bolts)
- Spoke tool
- Multi-tool (with knife, pliers, Phillips and standard screwdrivers)
- Chain tool
- Any spare parts you may need from a bike shop, depending on the distance you are going—also remember to give your bike a thorough service before you go

Accessories or first aid kit

- Sun screen (small container)
- Insect repellent
- Bike lock
- Water bottles

Other equipment

- Sleeping mat or swag
- Sleeping bag (consider the temp of the areas for the event)
- Breakfast cereal that you are used to – prevents gastro disturbances
- Unbreakable cup, plate, bowl, knife, fork and spoon
- Energy supplements that you have used in training
- Quick dry towel
- Toiletry items (soap, deodorant, toothbrush and toothpaste etc)
- Chamois cream