



London to Paris Bike Ride, Kit List

Do bear in mind that you will be in the saddle for several hours over a couple of days. So you should test out your equipment prior to the event to ensure that you are comfortable with all of the equipment, you know how to use it and that you have the stamina to ride over long distances.

Below is our equipment list that has recommendations and equipment that needs to be taken for your comfort and safety. If you have any questions about your equipment and what to take please feel free to check with us and we can offer some advice for you.

Equipment Description	Take Item?
Baggage	
Large Rucksack or soft holdall (suitcase not appropriate)	Yes
Handle bar bag / bum bag / day pack (Bike pump, water bottles, 2 x inner tubes, mini-puncture repair kit, water/windproof lightweight jacket, snack bars, money)	Yes
Clothing	
Cycling Helmet (must be worn at all times when cycling)	Yes
Cycling Gloves	Yes
Cycling Shorts (padded for cycling is advisable)	Yes
Loos Shorts (to wear over cycling shorts)	Optional
Cycling Shoes or stiff soled sport shoes	Yes
T-shirts (cycling / leisure)	Yes
Lightweight waterproofs (jacket only)	Yes
Sweatshirt / Fleece	Yes
Cotton Scarf	Optional
Trousers	Yes
Dress/Skirt/Sarong	Optional
Underwear (light and loose)	Yes
Socks (cycling/leisure)	Yes
Shoes / sandals for the evening	Yes
Bike Kit	
Lights	Yes
Water bottle (1 litre bottle minimum)	Yes
Puncture repair kit and pump	Yes
Odometer	Optional
Hygiene & Health	
Toothbrush & Toothpaste	Yes
Soap & Shampoo	Yes
Travel Towel	Yes
Deodorant	Yes
Lip salve	Optional
Antiseptic wipes / dry wash	Optional
Razor and cream	Optional



Equipment Description	Take it?
Hygiene & Health Cont	
Sanitary products	Optional
Hairbrush/comb	Optional
Sun Protection	Yes
Insect Repellent	Yes
After sun moisturiser	Optional
Vitamins (not essential but recommended)	Optional
Other	
Cash (£ & €)	Yes
Passport (must be at least 6 month before expiry) – Non-EU passports will require a visa	Yes
High Energy Snacks	Yes
Camera and film	Optional
Sunglasses with UV protection	Optional
Alarm clock / watch	Optional
Ear Plugs	Optional
Note book and pens	Optional
Small First Aid Kit	
Pain killers / paracetamol	Optional
Compeed Blister Plasters	Optional
Rehydration sachets (such as Dioralyte)	Yes
Diarrhoea tablets	Yes
Any medication normally used	Yes
Knee Support	Yes