

Organising your own cycle

- What you need to take

Please note this list should be used for guidance only and is not exhaustive. Pack appropriate kit for the weather, length of trip and any off road riding.

For your bike

- Puncture repair kit
- Spare inner tubes
- Tyre levers
- Tool kit (including allen keys, spanner and screwdriver)
- Lubricant
- Pump
- Bike lights (with spare batteries)
- Bike lock
- Bell
- Saddle bags

For you

- Helmet
- High visibility vest
- Waterproofs - jacket and trousers
- Padded cycling shorts/trousers
- Waterproof day pack
- 2-litre hydration pack or water bottle

- Cycling gloves
- Small first aid kit (including painkillers, plasters, antiseptic wipes.)
- Emergency food - jelly babies, mars bars, kendal mint cake, glucose tablets
- Money
- Sunblock
- Lipbalm
- Vaseline/ Talcum powder (for saddle sore)
- Mobile phone for emergencies
- Sunglasses
- Small torch
- Map and waterproof map carrier
- Tissues or toilet paper
- Whistle

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Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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