

# London to Amsterdam Kit List

## Baggage

### 1. Day bag - not to exceed 30 litres/10kg

Your day bag will be transferred throughout the trip in our event vehicles. You will have access to it at lunch stops. Be sure to pack the essentials in this bag.

### 2. Main bag - not to exceed 100 litres

Your main bag will be transferred throughout the trip in our event vehicles. At the start of each day, you'll drop your main bag in a vehicle going straight to the finish location of that day's cycling, so will not have access to this bag during each day's ride.

### 3. Bike bag/box (optional)

You can transfer your bike from Paris to the UK via a box/bag, or alternatively we can use foam sheeting to provide protection should you not wish to bring your bike box/bag. If you do choose to bring one, it will be transported directly to Paris from the start and you will not have access to it until arrival in Paris.



## Bike equipment

- Own bike (road safety checked/serviced)
- Road or sport tyres (recommended)
- Cycle helmet (must be worn at all times)
- 2 x water bottles - (2L minimum)
- Puncture repair kit/multi-tool
- Bike lights (front & back)
- Saddle bag
- Pump
- Energy drinks/bars/glucose sweets.
- Spare inner tubes



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## Clothing

- Cycling shoes/trainers/SPD's
- Cycle shorts or leggings – lycra with padding
- Cycle tops – breathable/wicking material
- Base layers – long sleeved
- Finger-less cycle gloves
- Sweatbands/neck buff
- Waterproof, light weight wind-stopper
- Sunglasses/cycling goggles
- Micro fibre, lightweight fleece

## First Aid

- Paracetamol/aspirin/ibuprofen
- Blister kit
- Plasters & antiseptic cream
- Rehydration sachets

## Toiletries

- Lip balm with SPF
- Sun screen/block
- Wet wipes/toilet paper
- Chamois cream
- Hand sanitiser



## Other items

- Passport
- Mobile phone
- Insurance