

Kit list: 10–14 day tours

Clothing

It's important to bring enough clothing but not too much! People often find that they don't wear it all, and some items can be washed en route anyway.

- Helmet (compulsory!) and shoes
- Good waterproofs – jacket, trousers and overshoes
- Padded cycling shorts x 3-4 pairs
- Cycling tops x 3-4 pairs
- Socks
- Long sleeved baselayers and long cycling bottoms / arm and knee warmers, which can be taken on and off easily
- Gloves (fingerless and full length)
- Windproof jacket and / or gilet
- Buff – good for so many things; hat, glasses cloth, neck warmer, and seal to stop water running down your neck.
- Sunglasses
- Cap – worn under your helmet; keeps rain off glasses, stops sweat running into eyes
- Casual clothes for the evenings – one pair of shoes, a few different tops and trousers / shorts – you don't need loads as you'll be in cycling kit for most of the day!

Other items

- Toiletries, including: Soap or Travel wash for clothes, Suncream – plenty of it, Personal medication, Chamois cream (lots of cycling specific ones are available) or Sudocrem (this is a cheaper alternative and you won't need to go to a bike shop for it!) If you haven't cycled for very many consecutive days before, then you'll see why these creams are useful!
- Mobile phone and camera, plus European plug adapters
- Garmin or gps device – not essential as we provide detailed route notes but they are handy
- Money – Credit / debit card, Cash – in some rural areas the card machine might not be working!
- 750 ml drink bottles rather than 500ml if possible
- Salt replacement / electrolyte sachets
- A small bag to go in the van which you can access during the day (for waterproofs etc.)

The bike

- It should be comfortable, as simple as that
- Optional – mudguards – a wet bum and a body covered in road dirt, or worse, is no fun
- Choose some sensible tyres. 25mm–35mm tyres are generally best for road riding
- Fit a good saddle bag or bar bag to carry things that you will, or might need, don't use a backpack
- Have some good bar tape
- Use pedals that you are comfortable with
- Get a good saddle and make sure it's broken in
- Fit a cycle computer / GPS device and a bell
- Fit bright and reliable front and rear lights – on busy roads in rain, or in tunnels, please use them.

Before you go service your bike, or have it serviced (in any event check it) ensure it has:

- Tyres with a good deal of life left in them
- New brake blocks
- A good and newish chain
- Everything properly lubricated and adjusted
- All the bolts tightened down properly
- Everything is working as it should
- The headset properly adjusted

The 'M Check' is a very useful way to check your bike. You can find the M Check [here](#).

Spares and repairs

- Tyre levers, good quality light inner tubes x 2 minimum, good quality puncture repair kit (one with tapered patches not square cut edges)
- Chain splitter
- Multi tool (make sure the allen keys will fit all of your bolts, having one with a small screwdriver and pliers is also useful)
- Your own rear mech hanger (especially if you know you have a more niche part)
- If you have slightly more niche brake pads etc. then you might want to bring those