

# Kit list: 7-9 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 pairs
- Cycling tops x 3 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