



## The Bicycle Moaning Collective: the 24hr kit list

**Get your kit on:** A great ride can quickly become a very bad day out if you don't have the right kit.

It's only 24 hours but not having the right kit can make it feel like 72...or more.

Please don't leave the house without:

1. PASSPORT
2. Helmet
3. A well serviced road bike

There's a lot of other stuff we recommend that will make the challenge almost pleasurable



## The Essential Kit List

### You're not getting far without:

Whoever is doing your packing, please make sure they include the following:

- PASSPORT! Did we mention you need your PASSPORT!
- Cycle Helmet – compulsory, non-negotiable etc.
- Road Bike - with clip in pedals, drop handle bars, water bottles (X2), speedometer, lights (don't forget lights, it will be dark in Dieppe when we disembark the ferry)
- Mobile phone with roaming – and a few phone numbers of fellow riders, the Ride Director and Support Drivers
- Cards and cash (£ / €) if you really find yourself in a fix
- Spares: inner tubes (X4 for the trip), patches, tyre-levers, bike pump or gas canisters (and know how to use them!)

### Cycle clothing:

- Padded Lycra shorts - spare pair optional and its fine to wear baggy shorts over the top if you're a bit shy
- Cycle jersey – you will have your school tour jersey but you might want to pack a spare
- Base Layer – long sleeves / short sleeves (with arm warmers)
- Cycle jacket – hopefully left in the van but have one just in case
- Cycling gloves – finger-less will be fine but we recommend having a pair of full finger gloves for the early morning start
- Socks – again spare pairs are recommended
- Cycle shoes with cleats



## The non-Essential but nice to have Kit List

### Other stuff:

- Gilet, arm warmers / leg warmers
- Bike tool, puncture repair tool, rear mech-hangar – if yours breaks its game over and in the van
- Sunscreen – in a small container and hopefully you will get to use it
- Chamois crème (Vaseline or Nappy Rash cream is not advised...)
- Your personal supply of energy bars, energy gels, sweets etc. – stuff you've tried and works for you. Everyone is different but work on 10-12 bars and same for gels, better to have too many than too few.
- Energy drink tablets or powders – with electrolytes
- Soft bike bag or old sheet to throw over bike for transport in the vans (we won't have room for hard bike bags in the vans) <http://www.chainreactioncycles.com/dhb-soft-carry-bike-bag/rp-prod163932>
- Toiletries: toothbrush and toothpaste (your teeth will be rotting from mass energy gel consumption!), deodorant, shower gel - should do, anything else best kept to yourself
- Baby wipes come in handy too for removing road grime and grease

### Non-cycling clothing for the ferry & for trip home

- Tracksuit pants
- T-shirt (X2)
- Jumper/sweatshirt
- Socks / underwear (of your choice)
- Trainers

You'll have time in Newhaven or on the Ferry to pull on tracksuit or comfortable clothes.

All of this needs to fit into a SMALL rucksack or carry on size bag please.

