

BRUSSELS TO COLOGNE KIT LIST



Mandatory Kit - This kit forms part of our safety procedures and has been specified with your welfare in mind. All items must be carried by anyone taking part. Anyone failing to carry any of the items listed in the mandatory section will not be permitted to take part.

Recommended Kit - Further items that you may consider bringing for the challenge are listed in the recommended section. This list has been based on recommendations from previous challenges, there may be other items you wish to bring so do take into account your personal preferences and use your common sense.

MANDATORY KIT	✓
Helmet	
Fully serviced bicycle	
Cycling shoes or trainers	
Strong bicycle lights and spare batteries	
Puncture repair kit and 2 spare inner tubes	
Sun glasses – with UV protection	
Lightweight waterproof jacket (there may be the occasional shower)	
Bicycle water bottles x 2 (1 litre recommended) or re-hydration system	
Mobile phone	
Basic first aid kit - must include as minimum: A triangular or conformable roller bandage, assorted adhesive dressings, gauze or gauze bandage suitable of compressing bleeding wounds, any other personal medication, sun screen, anti-bacterial hand gel, lip salve with sun protection	

RECOMMENDED KIT FOR CYCLING	✓
Padded bib shorts	
Lightweight T-shirts/cycling jerseys	
Padded cycling gloves	
Arm & leg warmers	
Chamois Cream/Vaseline and Sudocrem (for soothing/preventing saddle soreness!)	
Energy foods/snack bars (some snacks will be provided)	
Isotonic/high energy drink/powders – try to use them when training to see if they suit you	

RECOMMENDED KIT FOR DURING THE CHALLENGE	✓
Large holdall/suitcase to transport main luggage	
Casual clothing and footwear for evenings	
Wash kit - toothbrush, toothpaste, shampoo, tissues, deodorant, sanitary products, towel	
Ear plugs – useful when sharing a room	

DOCUMENTS	✓
Valid passport and photocopy	
European Health Insurance Card	
Travel insurance	

DON'T FORGET YOUR BIKE!

