



LONDON TO PARIS 24 HOURS CYCLE EVENT 2018 KIT LIST

Road bike only

Well-fitting cycling helmet

Drinks bottles and cages

Cycling attire

Base layer

Bib shorts/tights

Cycling jersey

Cycling shoes

Rain jacket

High-vis clothing with reflective strip (legal requirement for riding in the dark in France)

Gloves

Glasses/contact lenses

Sunglasses

Overnight bag with clothes and shoes for the evening in Paris and the next day returning to London, please keep this bag to a minimum around 10Kg please and clearly labelled.

Spare inner tubes, basic tools, pump

Good quality front & rear lights

Garmin type cycling computer with navigation or Smart phone

Passport

Insurance documents

EHIC card

Mobile phone



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Sun cream

Spending money

Camera

Power bank for Garmin, lights or mobile phone

Any medication needed



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