



## LONDON TO PARIS 3 DAY 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

Gloves

Glasses/contact lenses

Sunglasses

Casual clothes and shoes for the evening meals, breakfast and returning to London.

Spare inner tubes, basic tools, pump

Good quality front & rear lights

Garmin type cycling computer with navigation

Passport

Insurance documents

EHIC card

Mobile phone

Sun cream

Spending money

Camera



Real reward for  
your legwork

t: 07989 593822  
e: [info@longlegtours.co.uk](mailto:info@longlegtours.co.uk)  
[www.longlegtours.co.uk](http://www.longlegtours.co.uk)



Power bank for Garmin, lights or mobile phone

Any medication needed

Gels, energy bars

Please ensure your overnight bag is kept to a minimum around 15Kg please and clearly labelled.



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