



LONDON TO PARIS WEEKEND CYCLE CHALLENGE KIT LIST

- Road bike
- Well-fitting cycling helmet
- Drink 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 evenings and returning to the UK, please keep this bag to a minimum around 10Kg and clearly labelled.
- Spare inner tubes, basic tools, pump
- Any gels or bars you prefer
- Good quality front & rear lights
- Garmin type cycling computer with navigation or smart phone, please practice using before the ride
- Passport, Insurance documents, EHIC card
- Mobile phone
- Any medication needed & sun cream
- Spending money
- **Power bank for Garmin, lights mobile phone**



Real reward for
your legwork

t: 07989 593822
e: info@longlegtours.co.uk
www.longlegtours.co.uk