

Essential Equipment

Like a good scout "be prepared"! The weather in the UK can change dramatically from one day to the next, actually from one hour to the next, you need to ensure you have brought the right items with you to maximise your enjoyment.

Here is a broad list of what we recommend. Feel free to print this out to help with your packing.

- ☐ Your bike (fully serviced and suitable for the ride,,, or hire one from us!)
 - ☐ Helmet (provided with hire bike)
 - ☐ Bike lock (provided with hire bike)
 - ☐ Rear light (provided with hire bike)
 - ☐ Small rucksack or pannier bag (provided with hire bike)
 - ☐ Water bottle or hydration pack (bottle provided with hire bike)
 - ☐ Bike spares (essential) (provided with hire bike)
 - ☐ Spare inner tubes (min 2)
 - ☐ Repair kit
 - ☐ Tyre levers
 - ☐ Tweezers – to get the thorn out!
 - ☐ Multi tool
 - ☐ Pump or inflators
 - ☐ Bike spares (nice to have)
 - ☐ Spare tyre
 - ☐ Spare chain
 - ☐ Chain splitter
 - ☐ Spare rear hanger
 - ☐ Spare brake pads
 - ☐ Cable ties
 - ☐ Tape
- ☐ Clothing
 - ☐ Cycle glasses, tinted and clear
 - ☐ Padded cycle shorts and long versions
 - ☐ Cycle tops
 - ☐ Base layers
 - ☐ Waterproof jacket
 - ☐ Cycle gloves (warm) full finger and fingerless
 - ☐ Cycle shoes and overshoes
 - ☐ Buff/Snood
 - ☐ Woolly hat
 - ☐ Evening wear – casual, including shoes
- ☐ Toiletries
 - ☐ All the basics you normally take
 - ☐ Medical pack
 - ☐ Chamois Cream
 - ☐ Sudacrem
 - ☐ Insect repellent – especially if riding in Scotland (midge)
 - ☐ Sun cream – yes it does get sunny here on the odd occasion !
 - ☐ Aftersun
 - ☐ Lip balm
- ☐ Miscellaneous Items
 - ☐ Daily snacks to take with you each day
 - ☐ Cash
 - ☐ Phone and chargers
 - ☐ Camera
 - ☐ Torch
- ☐ Space for your own items:
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____

