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## Suggested Packing List

### *For you*

- Photo ID
  - Money – for drinks, snacks, fines, etc
  - Jerseys and knicks for the week – be prepared for all weather (Remember, you will be receive your official ride kit on Day 1 and it is to be worn on Day 7)
  - Wet weather riding gear including spare gloves
  - Sun sleeves, arm warmers, leg warmers
  - Bike shoes, shoe covers, cleat covers
  - Helmet
  - Something warm for when its chilly in the mornings
  - Socks, underwear, PJs etc for the week
  - Casual clothes for the dinners (including a warm jacket as it can get cold)
  - Casual shoes/trainers
  - Swimmers/towel (in case you get the chance to use them)
  - Sunglasses
  - Toiletries, hand wash
  - Personal medical needs, personal first aid kit, (butt cream or similar product)
  - Sunscreen (Keep this in your day pack)
  - Mobile phone and charger
  - A small power board (if you have multiple gadgets to charge every night)
  - Ear plugs (if you are a light sleeper and sharing accommodation)
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## Suggested Packing List

### *For your bike*

- Garmin/speedo and charger
- If you have electronic gearing, make sure you bring your charger and/ or back up battery
- Spare tyre and tubes (x 3)
- Spare cleats
- Chain oil and chain degreaser
- Wipes/ cloths/latex gloves
- Bike tools, spare parts (if you know how to use them)

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### *For campers*

- Tent – don't forget the poles and pegs!
- Sleeping bag and sleeping mat
- Torch

Your camping gear can be packed in a small, separate bag.

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### *For your day pack*

- Wet weather gear
- Bike tools and spares
- Snacks if you wish (but there is plenty of food provided at morning tea and lunch)
- A warm jacket
- Sunscreen, hand wash/ sanitiser
- A change of clothes in case of torrential rain

Your day pack should be as small as possible, have your name and mobile phone number on it and will be carried in the support vehicle during the ride. It is each rider's responsibility to retrieve their day pack at the end of each day.

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