



**Kit guide**  
London to Paris 24

LONDON  
to PARIS 24

Scope  
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# London to Paris 24 kit list

Over the past six years, we've seen it all; from punctures to soggy clothing, to broken lights and muddy cleats...the lot!

We've worked with a number of partners over the years and have put all their experience and insight on paper. Your recommended kit list is full of advice and guidance in order to make sure you have the best riding experience come July 2016.

## Clothing

Clothing on a ride like this, where conditions can vary, is the ability to 'layer up'. In the summer conditions in the UK and France can vary from hot during the day to cool and wet overnight so we'd recommend taking a range of kit with you to cover all eventualities. Make sure you keep an eye on the forecast. In 2014 we experienced wet and cold conditions.

**Two x base layers** – We'd recommend bringing two base layers on the ride, one for the leg to Dover and then one in your day bag ready to change on the ferry.

**Two x bib shorts** – A standard summer weight bib short would be suitable for the usual temperature ranges you'd experience during the summer. Padded shorts are essential to a ride like this.

**Two x short sleeve jersey** – A summer jersey with breathable fabric will keep you cool if temperatures rise during the day. Choose a jersey with pockets on the rear as this allows you to organise the items you take on the ride.



**Gilet and rain cape** – Gilets can be just right if there is a chill in the air and rain jackets can be stuffed into the back pocket of a jersey when rain showers pass through.

**Arm warmers, leg / knee warmers** – Highly recommended! Knee / leg warmers can be easily added to a short sleeve, short leg combination to turn it into a warmer outfit.

**Overshoes** – Any rider will tell you one of the worst things on a long ride is cold and wet feet so, if the forecast is for rain, pack some overshoes.

**Cycling specific socks** – Sounds ridiculous, but wearing a sock designed for long rides will make all the difference.

**Interchangeable lens glasses** – Having a pair of glasses that you can change the lenses is essential. Clear lenses at night will keep dirt and bugs out of your eyes and dark lenses to keep the sun out during the day.



## Equipment

**Lights** – You will need two kinds of lights. Lights to be seen and lights to see! We'd recommend a minimum of 350 lumens for the main headlight. These lights are pricey, but remember the difference between these and a cheaper light is the ability to see the road in front.

On the rear we'd recommend a main flashing light and safety light.

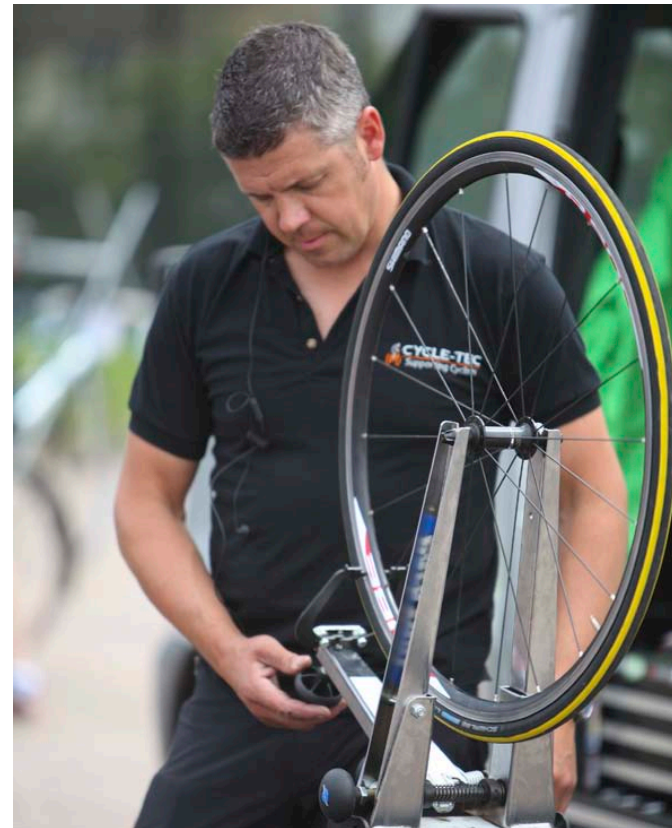
**Puncture repair** – One of the benefits of London to Paris 24 is having full mechanical support throughout the ride, but being able to change a tyre or fix a puncture yourself will help save time!

**Tyre levers** – Make life much easier when removing a tyre from the rim. Some road bike tyres will be very tight to the rim and difficult to remove by hand.

**Inner tube** – Carry at least two inner tubes with you on each stage of the ride. If you puncture, and have to use a spare, make sure you ask one of the mechanics at the next rest stop for a replacement.

**Mini pump / Co2 cartridge** – You'll obviously need to re inflate your tyres after a puncture so make sure you take a mini pump with you. Co2 cartridges can offer a quick temporary solution but you may not be able to achieve the maximum PSI without a track pump.

**GPS device** – This is a 'nice to have' and not necessary for the ride, but having a GPS unit will help you accurately track your progress and monitor your performance compared to your training and preparation rides.



## Packing check list

The following is a recommended guide to help you pack. You will have to decide what you feel is essential.

### Bike equipment

- Own bike – safety checked / serviced
- Cycle helmet – compulsory, must be worn at all times whilst on your bike
- Water bottles x two / platypus / camelback (2L minimum)
- Puncture repair kit / multi-tool
- Pump
- Spare inner tubes x two – essential (Please carry two inner tubes with you on your bike and spare in day sack)
- Saddle bag – recommended
- Bike lights – essential
- Energy drinks / bars / glucose sweets
- Bike bag / box – optional UK bike return
- Bell – This is a legal requirement in France

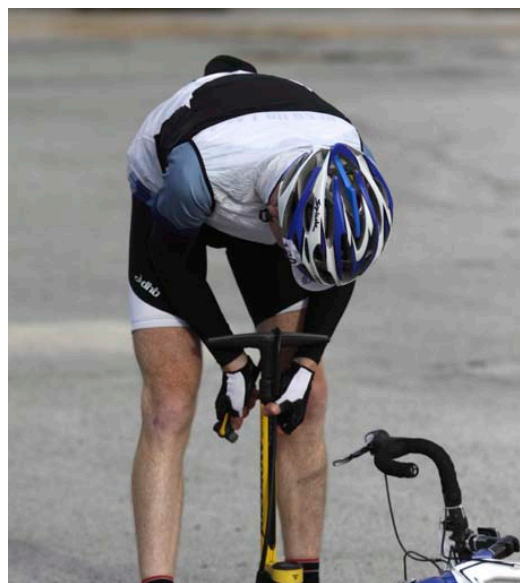
### Cycle clothing

- SPD's or cycling shoes / trainers – worn in with thick, stiff soles
- Overshoes – waterproof and durable
- Cycle shorts – padded lycra (two pairs recommended)
- Cycle tops – lightweight, breathable wicking material with pockets on back (two recommended)

- Cycle gilet or jacket – for extra warmth at night
- Leg and arm warmers (one pair)
- Base layers – long sleeved (two recommended)
- Finger-less cycle gloves (one pair)
- Socks – cycling socks.
- Sweatbands / neck buff – optional
- Waterproof, light weight wind-stopper – high visibility
- Sunglasses / cycling goggles – with clear and tinted lenses

### General clothing

- Clothes for after the event – include lightweight, relaxed evening clothes for our celebration dinner.
- Long trousers / jeans
- Shirt or t-shirt
- Micro fibre, lightweight fleece
- Trainers or sandals



## Luggage

- Main bag or soft holdall (no larger than 100L)
- Day bag for essential items (extra clothing, snacks, bike spares, sun screen, 30L maximum). Cyclists will have access to day bags at rest stops. You **must** be able to cycle with your day bag (onto the ferry).

## Others

- Travel pillow for coaches and ferry
- Head torch + spare batteries – essential
- Travel towel
- Earplugs / eye-mask
- Nutrition / snacks

## Electrical equipment

- Mobile phone / charger
- Bike computers / charger
- Camera kit / film / memory cards
- 220V converter for European plugs

## Documents and money

- Passport – **compulsory**
- Travel and Personal Liability Insurance – **compulsory**
- Bike Insurance – **highly recommended**

- EHIC Card (European Health Insurance Card – available from post office. Does not cover medical repatriation costs or on-going medical conditions.)
- Cash to cover souvenirs, drinks / alcohol
- Credit / debit card

## Toiletries

- Personal toiletries
- Lip balm with SPF
- Sun screen / block
- Wet wipes / toilet paper
- Chamois cream
- Hand sanitiser

## First aid

- Pain killers – Paracetamol / aspirin / ibuprofen
- Antihistamines – tablets or cream
- Blister kit – Compede
- Plasters and antiseptic cream
- Anti-diarrhoea tablets – Imodium
- Rehydration sachets

