



Euro Cities Bike Ride Kit List

Equipment to be provided by ATD or at our accommodation:

All catering requirements will be taken care of by ATD, but please bring along your own snacks.

All bed linen is provided: you will not need to bring additional sleeping kit

Towels are provided on the ferry and at hotels.

Personal Kit to be brought by participant

Cycle Kit

Cycle helmet in good order to British standard

Padded cycle shorts or cycle trousers (essential for comfort)

Specialist cycle tops

Cycling gloves

Sunglasses (UVA and UVB protected)

Long sleeve tops – (lightweight and made of quick drying material is best)

Warm top in case temperatures drop

Cycling footwear

Socks and spare socks

Full breathable waterproofs/cycle waterproofs that are lightweight and pack small

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Own BIKE (road bike essential)

Small panniers or bumbag

Puncture repair kit and spare inner tubes

Bike lights

Lock for bike

Drink bottles or camel back type container for at least 2 litres

First aid kit

Snacks

Participants must bring their own cycle helmet. Make sure the helmet you choose meets BSI standards (SEE INFO ON CYCLE HELMETS ABOVE)

Personal items

Toiletries

Sun lotion and block

220V converter for European plugs

Ear plugs

Camera, lots of film / memory card and a spare battery

Small freezer bags (or nappy sacks) for personal rubbish collection

Personal clothes and footwear for evenings

ATD doctors carry a complete medical kit during the event, but are not able to supply everyone with essentials such as painkillers. You are requested to bring a comprehensive first aid kit for personal use. If you are travelling with a friend, you may wish to share your first aid kit, but please ensure you



bring a full week's supply of painkillers, plasters, Imodium and other 'essentials' for both of you, just in case you both get blisters or fall ill.

Personal First Aid Kit

Painkillers

Ibuprofen or other anti-inflammatory (not for asthmatics)

Imodium or Lomita for diarrhoea

Antihistamine tablets and cream

Antiseptic wipes

Plasters

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Gauze pads

Crepe bandage

Zinc oxide tape (or Leucotape which is much better)

Moleskin and/or 'Compeed' for blister treatment

Dehydration mix such as Dioralyte

Small tub of Vaseline

Eyewash - roads can be dusty whilst cycling

Tweezers

Scissors

Safety pins

Alcohol hand gel

(For all tablets follow advice given on packet and keep instructions with the tablets)