



London to Paris Bike Ride Kit List

Choosing the right kit can not only ensure that you are comfortable, but can also help you to avoid getting injuries or soreness. If you are buying on a budget don't try to save money on essential items as this will lead to discomfort and possibly even injury.

Bikes

Participants must provide their own bikes. The terrain throughout the four days of cycling is predominately flat therefore we recommend a road bike, designed for use on roads. If you do not have a road bike you could put road bicycle wheels on a hybrid bike. If participants are travelling by train to the start of the event, please note there are limitations with regards to taking bikes on trains and you should contact the rail company for further details. Outside the hours of the ride bikes will be stored and transported in our kit vans or kept safe at the hotel.

Clothing and Accessories

When training or packing for the event consider the loose-layered look. Clothing can then be removed as needed and put back on while you rest, or as the temperature drops. Loose clothing that permits free airflow is good. Consider synthetic-blend materials that wick away moisture and dry quickly when the weather is hot.

Specialist cycling equipment

We would recommend you invest in a good pair of cycling shorts to offer good padding (you can buy different cuts for men and women). They will improve your comfort for those days when you are spending up to six hours – or longer - on your bike.

Wearing a helmet is compulsory throughout the ride. Accidents are unpredictable and can happen to the most experienced of riders, so you must wear a helmet whenever riding. Your helmet is probably the most important purchase you will make for this event. When choosing a helmet, take your time in choosing the right fit for you. Do not be swayed by fashion, brand or colour - an ill-fitting helmet is a waste of money and could cause you injury rather than prevent it.

Modern cycle helmets are lightweight and well ventilated. The better models have a simple harness at the base of the skull in addition to the straps under the chin. Most are made from polystyrene with a thin protective shell of polycarbonate. In the event of an accident the polystyrene will be compacted, absorbing the shock and protecting your head.

Your helmet must sit squarely on the top of your head, not tilted forwards or backwards. A good bike shop will have a mirror so that you can check the position of the helmet on your head (as well as how gorgeous you look!) and the staff should be able to help you adjust it to fit perfectly. Straps should be adjusted such that the helmet feels firm and does not wobble on your head, but without feeling tight. You should just be able to:

- See the front of the helmet if you raise your eyes
- Just get two fingers between the chin strap and your throat
- Feel the chin strap when you open your mouth wide



Most helmets are supplied with some extra foam pads so you can refine the fit to suit the shape of your head. If you can't adjust the helmet to suit you, try a different size, different model or different make. If you are still unsure about the fit, don't be afraid to ask for advice, any good shop assistant will be more than willing to help you.

- Look for a helmet with ANSI 90.4 or Snell certification. Although not perfect, these tests show that the helmet has passed a minimum safety standard for competition, and as such most are quite suitable for most other purposes too.
- Choose a white or light colour rather than black or dark colours. White will reflect light better (and reduce overheating) and it will be more visible on the road or trail.

Source: <http://cycling.timeoutdoors.com/>

Rain gear should be breathable, waterproof and lightweight. There are a number of manufacturers that produce garments that meet all of these criteria. For wet weather protection look for articles that have sealed seams to prevent leakage. Examine wrist and ankle closures to make sure they are durable.

For cycling events we recommend bike specific SPD's (Shimano Pedalling Dynamics) or if you want to wear trainers then use traditional toe clips. SPD's are most effective and comfortable, but remember to practice in these first as they can take a bit of getting used to. If you are new to these then take advice from your local bike specialist. If you are going to use trainers with toe clips for cycling make sure the trainer has a tread that offers good grip and a sturdy sole.

Other items we would recommend as essential items are specialist cycle tops (as they are lightweight and quick drying) and gloves for extra comfort and to stop you getting blisters and sores on your hands.

Sunscreen

You must protect your skin. Sun damage can be painful and long-lasting, so purchase a waterproof, sweat-proof sunscreen with a high SPF number.

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

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
- Own BIKE (road bike essential)
- Small panniers or bumbag

- Puncture repair kit and spare inner tubes
- Bike lights
- Lock for bike
- Drink bottles or Camelbak 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
- Towel
- 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
- 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)