

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on this cycle. We have tried to pare down this kit list to the absolute must-haves for your ride, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Day sack/bum bag/handle bar bag
- Waterproof liner\*

## CYCLING GEAR

- Cycling Helmet (must be worn at all times while cycling)
- Cycling shorts
- Cycling Jersey
- Cycling tights for colder conditions
- Lightweight windproof gilet or jacket
- Cycling gloves
- Cycling glasses (preferably with interchangeable clear/tinted lenses)
- Water bottles for bike
- Chamois Cream
- Bike bell
- Gel seat\*

## FOOTWEAR

- Comfy footwear for cycling
- Socks
- Cycling shoes, cleats & pedals\*
- Waterproof overshoes\*

## CLOTHING

- Warm base layer
- Lightweight fleece top
- Buff for the cold\*

## BIKE KIT

- Own bike! (A road bike is most suitable)
- Bike computer with charger\*
- LED lights
- 2 x water bottles and cages
- Puncture repair kit and pump
- Spare inner tubes
- Camelbak or other water bladder\*

## GENERAL EQUIPMENT

- High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Dextrose tablets for extra energy\*
- Camera\*

## SMALL FIRST AID KIT

- Chamois cream
- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Your own medication
- Sun protection (min factor 30)
- Deep heat\*

## TOILETRIES

- Toothbrush, toothpaste, soap, babywipes, lip salve
- Shampoo/conditioner
- Deodorant

- Aftersun/moisturiser
- Sun protection (min factor 30)
- Travel towel
- Dextrose tablets for extra energy\*

## DOCUMENTS

- Copy of Emergency contacts
- Cash
- Debit card
- Travel insurance

**KEY** \* Indicates Optional

# MAKING THE MOST OF YOUR KIT

## PACKING

Remember the general rule that if you don't need it, don't bring it. If you do need to leave a small bag at the registration (start/finish) point then you are welcome to do so, but please keep this bag to a minimum. We also cannot be responsible for anything lost during the day.

A small day sack should be all that you need for carrying what you need for the day. Please take into account the weather forecast when considering what you will need during the day.

On a bike a decent bum-bag is hard to beat for carrying valuables and essentials. Protect valuables from rain with a small rolltop dry bag.

## CLOTHES

A pair of padded cycling shorts will make a huge difference to your comfort (to be worn without underwear) and dedicated cycle gloves help to protect your hands while in the saddle.

## OWN BIKE

This route follows the roads of the Isle of Wight and is perfectly suited for road bikes. Whilst hybrids and mountain bikes are perfectly fine, you will find the going a little slower with these bikes. We do not offer bike hire ourselves, but TAC Cycles in Ryde offer bike hire. they can be contacted via their website [here](#).

## SUN PROTECTION

To protect yourself from the sun use a lightweight peaked cap that's comfortable under your helmet. On a bike the back of your neck and the back of your legs are more exposed than usual, don't forget sunscreen on these areas.

## HYDRATION

When exercising your fluid needs increase dramatically and adequate hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor. Adding oral rehydration tablets or electrolyte powders to your water helps to maintain a correct electrolyte balance and also makes your water more palatable. Make sure you follow the mixing instructions on the pack and wash bottles and bladders thoroughly after use because the nutrients can help promote bacterial and mould growth.

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters.

Chamois cream will help stop you getting saddle sore. You can use Vaseline/Sudocrem which are cheaper – make sure you use lots of it BEFORE you get sore. Specialised creams for cyclists such as ASSOS are more expensive but are designed specifically for the purpose. They form more of a barrier so are better at preventing chafing (a £10 tub should last most trips). Also use the cream on other areas that may rub.

