

London to Amsterdam Kit List

Information on kit requirements for your event

It is likely to be warm and dry on this challenge, however we cannot rule out rain or extreme weather.

We recommend you pack accordingly, below is a list of our recommendations to help make this an enjoyable, safe and comfortable challenge:-

Cycle Items

- **Helmet (compulsory, must be worn at all times)** - With good ventilation and conforming to safety standards, your helmet should fit comfortably and be adjusted properly. **Important** - *you will not be allowed to cycle without a helmet.*
- **Lightweight waterproof cycling jacket** - We may catch a storm if we are unlucky. Ideally this jacket will fold down and easily fit into the rear pocket of a regular cycle jersey.
- **2 x 750ml water bottles** - There will be plenty of opportunity to refill during each days cycling. We recommend you purchase some electrolyte tablets to replace lost salts through perspiration. - *Hire Bikes will come fitted with 2 bottle cages.*
- **Pedals** - You **must** bring your own pedals which will be fitted to your hire bike. Please ensure that your cycle shoes match your pedals. If you advise us it may be possible to hire pedals (this will be on a first come first serve basis). It is best to bring your own.
- **Cycle shoes** - If you are not comfortable riding in cleats then any good quality trainer combined with flat pedals will be more than suitable. If you opt for a more specialist style it may cause you difficulty in case of having to replace. We advise bringing spare cleats as well as cleat covers for any time off the bike.
- **Cycle clothing** - Cycle specific padded lycra shorts recommended, lightweight wicking shirt (long sleeve is better for sun protection). Ideally a specific cycle jersey with 3 rear pocket and a full length zip.
- **Arm protection** - You may consider some white UV arm protectors as a block against the sun, just like arm warmers.
- **Cycle gloves** - We recommend fingerless cycle gloves with padding on the palms. These will increase your levels of comfort as well as offering a degree of added sun protection to a very exposed part of the body. They will also save your hands from bad cuts should you fall from your bike.
- **Sunglasses** - Cycle specific or sports glasses recommended, transition lenses or lenses that can be changed for clear lenses are recommended in case we have a dull day.
- **Cycling specific snacks** - If you have a favourite snack; dried fruits, nuts, flapjacks, energy bars/gels etc then we recommend you bring a small supply. Adventure Cafe will provide a range of carbohydrate dense snacks; bananas, cereal bars, crisps, salted biscuits etc.
- **Mobile phone (in plastic bag)** - Fully charged, with cycle leaders' numbers saved; these numbers will be available 6 weeks prior to the event when full joining instructions are issued.
- **Spare inner tube**— Two each, minimum.
- **Bike pump, multi-tool, and tyre levers**

Non-Cycling Items

- **Painkillers**
- **Sunscreen, after-sun cream, insect repellent** - Nothing worse than getting sun burnt on day one!
- **Camera** - Not to be used when cycling!
- **Travel documents, passport, visas (if applicable)**
- **Travel insurance (compulsory), EHIC card** - If you are unsure what you need please call us on 01823 444 246
- **Wallet** - Credit cards, cash in local currency
- **Evening Clothing** - You should bring a range of evening wear suitable for restaurants and relaxing. Our advice is to pack light and only take what you are likely to need. Temperatures will drop in the evening, so don't forget a warm layer.



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