



Road Cycling

Kit List

Road Cycling - Essential Items

Essential Items

On any adventure in the great outdoors some items of clothing and equipment are deemed essential. You may not need everything every day, but if the weather turns poor your safety and enjoyment could be compromised without these items.

Having the right equipment and clothing will have a big impact on how you enjoy your trip with us, so we have put together the following list to help you select the right gear.

We are happy to give additional advice so do not hesitate to contact us if you have any queries.

Ensure active clothes are non cotton based

Upper Body

- Base layer t-shirts or cycling jerseys
- Long sleeved base layers to complement the above (such as Icebreaker or Capilene)
- Lightweight fleece jacket or gilet
- Lightweight waterproof and windproof jacket

Lower Body

- Padded Lycra cycling shorts (plus outer shorts as preferred)
- Leggings or longs for riding
- Lightweight waterproof trousers

Feet

- Bike shoes or hiking trainers
- Socks for riding
- Neoprene overshoes for colder weather rides if you get cold feet

Head and Hands

- Helmet
- Gloves (full fingered are preferred in England)
- Clear-lens glasses or interchangeable sunglasses (100% UVA & UVB protection)

Essential Equipment to have while road cycling

- Backpack to carry clothes, equipment and food
- Waterproof liner or bag for keeping your rucksack contents dry
- 1 x 750ml water bottle or hydration bladder if using a backpack



Road Cycling - Additional Items

Recommended Optional Items:

- Sunscreen and lip balm: SPF 25+
- Insect repellent
- Comfortable clothes for evening wear
- Plug adaptor
- Bike lock
- Toiletries
- Mobile phone
- Swimming costume

Personal First Aid Kit

Your guide will carry a comprehensive first aid kit, but you may wish to bring some of your own items for travelling. This is especially relevant to any specialist medication you may need.

- Personal medication
- Antiseptic ointment
- Plasters and small wound dressings
- Compeed or Moleskin for blisters
- Scissors, tweezers and safety pins
- Tick tweezers
- Anti-inflammatory e.g ibuprofen
- Analgesics e.g aspirin
- Anti-diarrhoea drugs e.g immodium
- Antihistamines
- Re-hydration salts or solution e.g Dioralyte
- Spare contact lenses and glasses (if appropriate)

