



essential kit for the day...

Make sure you are well prepared for a long day in the saddle. Don't forget the following:-

- ✓ CycleHelmet
- ✓ Sun cream
- ✓ Sunglasses
- ✓ Vaseline
- ✓ Water (pref 2 x 1 litre bottles or a camelback)
- ✓ Waterproof clothing
- ✓ Warm clothing
- ✓ Basic First Aid provisions
- ✓ Mobile Phone
- ✓ Spare inner tubes (x2)
- ✓ Puncture repair kit
- ✓ Energy bars/drinks

Our en route team includes

- Bike Mechanics
- First Aid Team
- Radio Communications Team
- Lots of Cheery Marshals!