



KIT LIST

Make no mistake: if you don't have a helmet, you don't ride. Ditto cycling shoes, lights, high-viz and so on. It's common sense stuff. But other essential kit is less obvious: if you're setting off in a miserable London downpour, it's hard to think forward a few days to the heat of a steep climb in springtime southern French sunshine or negotiating a gusty Spanish coastal road. On a single day it is quite likely you will experience temperatures ranging from -7°C to $+18^{\circ}\text{C}$. As the road dips into valleys, temperatures can change by 10°C in a few miles.

Remember... "There's no such thing as bad weather, only unsuitable clothing."

FOR ALL RIDES YOU MUST HAVE...

To be prepared, this is the absolute minimum of what you need; in other words, if you don't have this kit, it's hard to see how you'll survive:

Head

- 1 x Helmet

Top

- Base layers
- Jersey with pockets in the back (you will be provided with a short sleeve jersey)
- Lightweight waterproof jacket

Legs

- Padded shorts / bib or trousers

Feet

- Socks (one pair for each day - you don't want to be wearing yesterday's socks, a wish shared by your fellow riders)
- 1 x pair of cycle-specific shoes (not trainers)

Accessories

- Gloves (either fingerless or heavy duty depending on time of year)

Bike

- A road bike (it would help!)
- Two water bottle holders (at least one water bottle will be provided)



ADDITIONAL KIT WE RECOMMEND (AT LEAST)

FOR COLD WEATHER RIDING (THIS IS THE MINIMUM... “SURVIVAL-LEVEL” KIT)

Base layer

- Short sleeve base layers – breathable
- Long sleeve base layers – breathable

Tops/Jerseys (with pockets on the back)

- Long sleeve cycling jersey with pockets on the back
- Long sleeve top – cycle specific
- Short sleeve top – cycle specific

Jackets

- Rain jacket – breathable (*Long sleeved, wind-proof shell jacket provided for MIPIM*)

Legs

- Fleece lined cycle shorts (bib for more comfort, or one of each)
- Full length shorts or thermal tights to go over “short” shorts.

Feet

- Overshoes (waterproof and, preferably, neoprene for warmth)
- Spare Cycling Shoes/Winter specific Cycling shoes

Hands

- “Full” finger cover gloves (for possible chilly mornings)

High-vis

- High vis gilet or jacket (*Gilet provided for MIPIM & you can't take part in dawn and evening stages without it.*)

Bike

- 1 x rear light (allow for four or five hours of use per day, mornings and evenings)
- 1 x front light (not a flashing light but one that casts a good beam of light onto the road in front).
Battery powered are a good idea to prevent charging problems! Don't forget to bring spare batteries. In the mornings and evenings, if your lights don't work, you don't ride.
- Rear-mech hanger

But... you won't be surviving happily in soggy kit. If your kit gets wet, it is unlikely to get dry overnight: the rooms have air conditioning rather than radiators, and there are few points from which a drying line can be hung. A hairdryer might help you, as might ski-boot “heating tongs” (or a supply of newspaper) to stuff in damp shoes. On the other hand, if you have base layers for every day, every day starts with a fresh, clean, dry one...

FOR WARM WEATHER RIDING (THIS IS THE MINIMUM... “SURVIVAL-LEVEL” KIT)

- Sunglasses with interchangeable lenses for night and day riding
- Suncream – even on cloudy days



NICE TO HAVE...

On that basis, here is a list of stuff you don't need, and you can get away without, but you might well appreciate once you're on the ride:

Head

Additional layers will keep you warmer and dryer. Many of these are easy to carry in a back pocket, so you can respond quickly to changing conditions.

- Buff (versatile scarf / headband / head scarf)
- Cycling cap (useful for keeping rain and sun out of your eyes)
- Skull cap (merino wool or similar – useful in in the cold)
- Balaclava (you won't believe how cold your chin and ears can be at 6am)
- Pair prescription cycling glasses with photo chromatic lenses (combine spectacles / sunglasses – helpful if contacts will irritate your eyes on a long ride)

Base layer

As well as short- and long-sleeve "t-shirts", long-sleeved merino wool base layers breathe well (and are therefore re-wearable, to a limited extent!) and provide a lot of warmth.

TO COVER EVERY EVENTUALITY:

- Short sleeve base layers – breathable (one for each day that you are riding, except...)
- Long sleeve base layers – breathable (...one for the dawn ride you are allocated to, and one for the night ride you are allocated to)
- Merino wool base layers (potentially one for each day, worn twice)

Jerseys (with pockets on the back)

If you want to be sure to have something clean and dry to wear each day, bring:

- Long sleeve top – cycle specific
- Short sleeve top – cycle specific

Jackets

A full-on approach to waterproofing might include one high-viz, wind-cheating rain jacket, and one lightweight rain jacket that is easier to carry in a back pocket in case of showers.

Legs

Think about bringing a couple of pairs of full-length bib tights for colder/wetter days. A pair of leg warmers would be useful to counter changing conditions over a full day's riding.

- Full length shorts or thermal tights to go over "short" shorts
- Pair of leg warmers

Padding is recommended for all shorts.

Feet

- Comfortable shoes/trainers (for those rare moments when you're not on your bike)
- Tin foil / gaffer tape (for covering the holes that let the cold air and rain in)

Hands

- Cycling mitts (short fingers, for warmer days)
- Liner gloves (extra warmth on cold days, and changeable when the rain gets inside your gloves)



Bike

- Bar bag (to keep your phone waterproof and jelly babies within easy reach)
- GPS / Garmin etc.

Note: you don't need a pump or repair kit.

Arms

- Arm warmers
- Cycle mitts (fingerless gloves, for warm days, with padding to prevent blisters)
- Leg warmers

MISCELLANEOUS

Bag

Bring a bin liner or two, or sealable plastic bags, for anything smelly that won't get washed until you get home.

Batteries / Chargers

If you're using Garmins or your phone, make sure you have all your cables, and a portable charger if you might need it.

Cream

Chamois cream is essential. Cover every surface that comes into contact with skin. You may well find yourself "topping" up during the day and using more than you expected. Bring some spare: sharing chamois cream is not good etiquette. And consider bringing some Sudocrem, for when the chamois just wasn't enough.

Earplugs

You're sharing a room.

Bags

Your **day bag** is the one you put on the coach each morning and have access to at each stage end throughout the day. It needs to be big enough to carry things like lights, high viz, trainers and so on: anything you'll need on some stages and not others, and anything you'll need if you're sitting a stage out on MIPIM. It also needs to be distinctive: there will be up to 150 day bags and you might want to find your chamois cream in a hurry in the short interval between stages! **Keep your passport in here if you're going over the channel.**

Labelling

Your gloves probably look like a lot of other riders' gloves, same with your helmet. If you label them, they're more likely to find their way back to you when you inevitably leave them lying around somewhere.

Off bike items that could be useful

- Flip flops
- Multipoint plugs for all charging needs, and a Euro converter plug
- Portable phone charger if you use GPS on the bike
- (Small bottle of...) Liquid Detergent for washing kit
- Baby wipes (for bike and Body!)