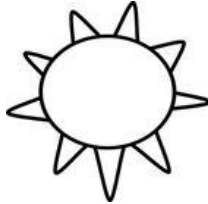



London to Paris Cycle Kit List

Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but being prepared is vital.

<p>Weather Conditions</p> <p>Be prepared for all weathers! You need good quality kit – you will enjoy the ride more if your equipment keeps you warm and dry.</p> <p>The climate of northern France is similar to that of southern England. Some rain is likely and there may be strong winds in flatter areas. Mist or fog is possible. Inland temperatures are usually warmer but conditions can change rapidly.</p>	 Average temperatures 8 – 25°C / 46 – 77°F	 Average Rainfall 39 - 63mm / 1.5 – 2.5 inches
---	---	--

ON THE BIKE

✓	ESSENTIAL Cycling Kit & Clothing	<i>There is a huge range of cycling apparel available; you do not need the most expensive, but it should keep you dry, and warm/cool as appropriate. Remember that you will be riding for full days in the saddle, whatever the weather. Women would be advised to look at specially-designed women's clothing, which is becoming more widespread and affordable.</i>
	Bike	A road bike is most suitable for this trip, though people have completed it on hybrids and mountain bikes. Your bike should have reflectors at front and rear to comply with French law.
	Cycle helmet	Compulsory
	Cycling shoes / trainers	Make sure you train in them and they are comfortable. Stiff sole recommended for increased power transfer between foot and pedal. Cleated shoes with clipless pedals (SPDs) give you greater power from the effort you put in, but try them out well in advance – most people fall off a few times, and it can change your position on the bike, so you may need time to adjust
	Cycling socks	Standard sports socks are fine, though there are many technical alternatives available. Consider hi-vis colours: your feet are always moving, so they make you very visible
	Cycling gloves	Essential for comfort and grip – gel padding reduces road vibration. Fingerless gloves fine for summer months; at other times thin full-fingered gloves may be useful for early starts
	Padded cycling shorts	Lycra with chamois insert highly recommended for full days on the bike (don't wear pants underneath – helps to avoid chafing and sores). Bib shorts are comfortable as they don't dig in at your waist
	Cycle jerseys / tops	Cycling jerseys have useful pockets at the back and usually wick moisture well; cotton tops absorb sweat (not recommended!)
	Waterproof windproof jacket	Good quality essential; material should be highly breathable and have good wind resistance to prevent cold air reaching your chest. Light material that packs down small is highly recommended.
	Hi-vis jacket / vest	Bright yellow with reflective strips (preferably with BS EN471 class 2 standard label) to comply with French law. If your waterproof jacket doesn't comply, bring a hi-vis vest to put over it.
	Water bottle / camelbak	Should be able to carry min 2 litres (70oz)
	Bike lights	Required to cycle to hotel after ferry crossing
	Liquid handwash (waterless)	Small bottle for easy hygienic hand-washing before lunch / snacks – this prevents any bugs spreading around the group

	Phone	Good safety back-up. If you don't plan to carry your mobile, cycle with someone who does
✓	OPTIONAL Cycling Kit & Clothing	<i>Use your training rides to experiment with your kit. You may not feel you need all the suggestions below, but they can make your ride much more enjoyable or convenient.</i>
	Wicking base layer	Can be worn under your jersey to improve warmth and comfort, especially in spring and autumn conditions
	Sunglasses	Must fit well so stay in position when looking down; wraparound style useful
	Cycling leggings / knee warmers	For cooler days; knee warmers are more versatile and can be added or removed and stowed in a back pocket; useful when stopped
	Arm warmers	Useful for cooler conditions; small and easy to carry in your back pocket
	Thermal jacket / warm top	For cooler days, or to keep handy for lunch-stops
	Overshoes	Keep feet warm and dry in wet conditions; consider hi-vis for same reason as socks (above)
	Bike lock	Not essential, but useful if you want to pop into a café or shop / toilets en-route
	Snacks (eg energy bars / drinks powders or gels / dried fruit / jelly babies)	Some snacks will be provided each day but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy – or if you need your personal favourites to motivate you! Special energy drinks etc are not supplied; if you plan to bring some ensure you are used to them, as they can cause stomach upsets
	Pump & puncture repair kits / allen keys	There is full vehicle support but having your own basic supplies means you do not have to wait for help every time
	Spares & tools See note below for more detailed advice	There will be a full tool kit with spares (ie inner tubes, puncture repair kits etc) carried in the support vehicles but we cannot supply spares for all eventualities
✓	Carrying what you need while cycling	<i>You will need to carry with you what you need during the day, eg hi-vis top, bike pump, snacks, sun cream, phone / camera and some cash. Items can be stored in our vehicles, but there is no guarantee that particular vehicle will be close when you may need it!</i>
	Day-sack / large waist pack	Depending on the weather conditions and your how small your gear packs down, you may not be able to fit everything in your back pockets, or may find it preferable to have a larger bag
	Small saddle bag	To fit onto bike frame and hold spare tube, puncture repair kit, allen keys, other small items; saves weight on your back or hips
	Small pannier / handlebar bag	We do not recommend riding with these unless you are used to them as they can interfere with your control, but again they put the weight on your bike rather than your body

OFF THE BIKE

✓	General Clothing & Equipment	
	Trousers / shorts T-shirt & long-sleeved top Fleece / jacket Spare footwear Sun hat / cap Nightwear Underwear & socks	General clothing for when you're not cycling, evening meals, and travelling home
	Wash kit (eg toothbrush, etc)	Wet wipes can be handy, and ear-plugs if you're a light sleeper
	Alarm clock	We generally start early! Many phones have an alarm; be aware of how quickly your battery runs down and ease of recharging
	Camera	You may just prefer to use your phone; see note above re battery

	Chargers / adaptors	For phone etc
	Book / travel games / cards	Useful for evenings
	Holdall / bag for main luggage	Carried between hotels in the support vehicles; you will not be able to access it during the day. Space is restricted, please bring soft-sided luggage only
✓	Small Personal First Aid Kit	<i>You may need to carry some of this during the day, such as sun-cream or medication; everyone is different so judge for yourself</i>
	Regular medication	Anything you take regularly or while exercising
	Sun block / sun cream	Minimum SPF 30
	SPF lip balm After sun / moisturiser	Exposure to the elements can make skin dry
	Painkillers	e.g. ibuprofen, paracetamol
	Antihistamines	For allergies / insect stings
	Plasters and blister dressing	
	Rehydration sachets	e.g. dioralyte
	Diarrhoea tablets	e.g. imodium
	Saddle sore / rash prevention (eg chamois creams, vaseline, talcum powder, canesten, sudocrem)	Different methods of prevention & treatment suit different people; ensure you have experimented with longer training rides so you are prepared!
	Muscle rub	e.g. deep heat, radian B
✓	Important Documents & Money	
	Passport + photocopy	10-year essential (for adults); valid for entire duration of stay
	Money	Euros available from the UK – see Factsheet for more detail
	Credit Card	Always carry a credit card in case of emergencies
	Insurance Documentation (Advisable to leave a copy with your next of kin too)	Travel policy + Bike insurance We advise you to insure your bike under your house contents policy, or separate cycle insurance; most travel insurance policies (including ours) will not cover the full cost of replacement.
	EHIC Card	Entitles you to free/reduced medical treatment; NOT a replacement for full travel insurance
	Eurostar Tickets	To be given out on the trip by your tour leader
	Immunisations Record	Useful if you need a record/proof of your vaccinations (see Factsheet)
	Money belt	Safe way to carry cash and valuables

Note on Spares:

Discover Adventure spares will be charged at competitive rates – your tour leader will advise you further. **Ensure your bike is in excellent mechanical order – get it serviced if in doubt.**

- If you have electronic gears please bring a spare battery, even if yours is rechargeable.
- If you have carbon wheels, bring your own carbon brake blocks.
- If you have a high quality bike with very good wheels, bring your own spare front spokes (x 2), rear drive-side spokes (x 2) and rear non-drive-side spokes (x 2), as well as spoke key.
- If you are riding on tubs (tubular tyres) bring your own replacement tyres and glue (can be left in mechanics van)
- Bring your own tools if you have a high quality bike (as a rough indicator, value over £1500 / \$2000) as ours may not be suitable, especially for Campagnolo parts. If in doubt please call us.
- Please do not assume that bike shops en-route will stock everything – many have to order specialist parts.