

# RIDE



for precious lives

## Recommended equipment

The right kit will help you stay safe and comfortable,

### Cycling clothing and accessories

- ☺ BS conforming cycle helmet. All participants must wear a helmet whilst riding.
- ☺ Good quality cycle gloves.
- ☺ Cycling shorts/bibs, take a few pairs, go for quality and don't wear any pants under them!
- ☺ Base layers: breathable t-shirts or wicking cycling tops with spare warm layers.
- ☺ Suitable footwear (if using clip-in shoes, make sure they are in good condition).
- ☺ Rain gear: breathable, waterproof and lightweight jacket with over trousers.
- ☺ Small tub of chamois cream; creams to make your ride more comfortable.

Safety and comfort are your main priorities. Cycle gear can be expensive so we would recommend that you prioritise the following:

- ☺ Regularly service your bike and get good quality helmet and eye protection.
- ☺ Don't skimp on quality when it comes to the three contact points: hands, feet and bum! Good gloves, good pedals/footwear and good cycle shorts (with no pants and a quality chamois cream).

- ☺ Eye protection: cycling sunglasses or clear lens glasses (some cycle glasses have interchangeable lenses to allow you to protect your eyes in all conditions).
- ☺ Drink bottles and/or rucksack based drinks bladder.

### Bike kit

All to be carried with you over the weekend and please learn how to use all of the kit before the event!

- ☺ Your own bicycle (please see information to the right).
- ☺ At least four spare inner tubes.
- ☺ Puncture repair kit with tyre levers.
- ☺ Bike multi-tool and bike mounted pump.
- ☺ Lights with chargers or spare batteries.
- ☺ Cycle computer or GPS device (optional).

### What kind of bike should I use?

Dedicated road bikes are the best, but hybrid bikes can be used. Mountain bikes will make your ride more difficult (make your life easier by replacing your wide, knobby tyres with skinnier road tyres for less rolling resistance). Your bike needs to be the right size for you, in perfect working order and suitable for long days on the road.

In accordance with British Cycling guidelines, we recommend that participants do not use tri bars.

### Personal items

- ☺ Personal medication and toiletries (we will be unable to supply any sort of pain killers).
- ☺ Clothes for the evenings.
- ☺ Mobile phone and charger.
- ☺ Sunscreen and lip balm with UV protection.
- ☺ Energy bars, gels, snacks and electrolyte drinks as required. There will be bananas, flapjacks and hot drinks at all rider stops.
- ☺ Swimwear, there is a swimming pool at both hotels.
- ☺ Pocket money for the weekend.

