

london to paris bike ride,

kit list

The items listed below are purely recommendations. The list has been designed by the tour operator, Charity Challenge local ground handler and past challenge leaders; however please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a 15% discount on equipment from **Nomad Travel Stores** (call 020 8889 7014 and quote the special discount reference **CC1001** or click here to shop with [Nomad Online](#)). Nomad Travel Stores will also put together a first aid kit specifically for your expeditions.

We have also negotiated a 15% discount with **Cotswold Outdoor Ltd** at any of their stores nationwide. You will need to quote AF-CHARITY-D7 when making your purchase either online (www.cotswoldoutdoor.com), from the Cotswold Outdoor catalogues, or by mail order Tel. 0844 557 7755 Fax. 01666 575 507. Please [click here](#) to open full details of the scheme.

If you would prefer to hire kit, please contact Trek Hire (01306 886333 or visit www.trekhireuk.com).

Try to use your equipment before you go – particularly your cycling kit, camel pac, cycling shoes etc, this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it.

Your main bag should not weigh more than 15kg. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else.

Keep extra cash, passports and house keys in your hand luggage

Don't pack valuables, cash, fragile or perishable items in your hold luggage. Insurance companies will not accept liability for them

item	take it?
baggage	
Large rucksack or soft holdall (a suitcase is not appropriate)	Yes
Handle bar bag/bum bag/day pack (Bike pump, water bottles, 2 x inner tubes, mini-puncture repair kit, waterproof/windproof lightweight jacket, snack bars, money, passport)	Yes
clothing	
Cycling helmet (MUST BE WORN AT ALL TIMES WHILST CYCLING)	Yes
Cycling gloves	Yes
Padded cycling shorts – 2-3 pairs. Shorts are designed to be worn without underwear . If you wear underwear with them you are more likely to become chafed.	Yes
Loose shorts (to wear over cycling shorts)	Optional
Cycling shoes or stiff soled sports shoes	Yes
T-shirts (cycling / leisure)	Yes
Lightweight waterproofs (jacket only)	Yes
Sweatshirt / fleece	Yes
Cotton scarf	Optional
Trousers	Yes
Dress/skirt/sarong	Optional
Underwear (light and loose) Remember your padded cycling shorts are designed to be worn without underwear . If you wear underwear with them you are more likely to become chafed.	Yes

Socks (cycling / leisure)	Yes
Shoes / Sandals for evenings	Yes
bike kit	
Own Bike! (NB: if you have an expensive frame we advise you to either have a bike bag or purchase some 'pipe insulation' to protect your bike in the support truck on the way back to London. Whilst every care is taken, we cannot accept liability for any damage)	Yes
Bell (this is a legal requirement in France)	Yes
Lights	Yes
Water bottle (1litre bottle minimum)	Yes
Gel seat	Optional
Puncture repair kit & pump	Yes
Spare inner-tubes x 2	Yes
CamelBak (or equivalent) for water to sip as you're riding (which you can also spray over yourself while you're riding if it's really hot) and a separate bottle with sports drink in it. Make sure you drink lots while you're riding – especially if it's hot.	Optional
Glo band or high vis vest – to stand out when cycling	Optional
Bar ends (optional – useful for adjusting cycling position to prevent saddle soreness)	Optional
Odometer	Optional
hygiene	
Toothbrush & toothpaste, soap (anti bacterial or bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, deodorant, vaseline	Yes
Razor & cream, sanitary products, shower gel, hairbrush/comb - Ladies are advised to take sanitary products regardless of the timing of the event	Optional
health	
Vitamins	Optional
After sun / moisturiser	Optional
Sun protection (factor 20 minimum)	Yes
small first aid kit	
Chamois cream - to stop you getting saddle sore. You can use Vaseline/Sudocrem which are cheaper – make sure you use lots of it BEFORE you get sore. Specialised creams for cyclists such as ASSOS are more expensive but are designed specifically for the purpose. They form more of a barrier so are better at preventing chafing (a £10 tub should last most trips). Also use the cream on other areas that may rub.	Yes
Pain killers / paracetamol	Optional
Adhesive dressing (plasters) / compede blister pads	Optional
Antiseptic spray	Optional
Anti-bite cream and after bite cream	Optional
Any medication you normally use	Optional
documents (where relevant, please leave a copy at home with your next of kin)	
Passport	Yes
Cash	Yes
Credit and/or debit card with pin number (for emergencies)	Yes
Travel insurance.	Yes
EHIC Card (European Health Insurance Card - available from your post office free of charge.) NB: an EHIC card gives no entitlement to medical repatriation costs nor does it cover on-going medical conditions of a non-urgent nature)	Yes
other	
Sunglasses	Yes
Camera & film / memory stick	Optional
Ample snacks and sports bars are provided during the challenge. However you may choose to have a small stash of Sports Beans or something similar in case you need a bit of a boost in between stops. Powdered Sports drinks such as Isostar help you rehydrate faster at water stops.	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Penknife	Optional
Note book and pen	Optional
Alarm clock / watch	Optional
Ear plugs	Optional

Re-sealable plastic bags (for dirty washing etc)

Optional