



## Packing List

### Bike

- Good quality road bike in top shape with good climbing gears and a comfortable saddle
- REQUIRED: Rear view mirror and rear light
- Small saddle bag containing spare tube, tire levers and small multi-tool
- Two water bottles in cages with electrolyte tablets
- Helmet
- Small air pump or CO2 cartridges and regulator
- Cycling gloves, cycling shoes & light rain jacket
- Energy bars or other snacks
- Sunglasses & cellphone

### Day bag (small bag or backpack that travels in the support vans each day)

- A few spare tubes with correct length of valve
- Spare new tire
- Spare cycling gloves
- Rain jacket and rain pants
- Rain / wind shoe covers
- Waterproof or water-resistant gloves
- Warm head cover that fits under helmet
- Warm top layer
- Favourite chain lube and rags
- Arm / leg warmers, if preferred
- Dry light wool socks for cool days, lighter socks for warm days
- Detachable fender for rear wheel
- Spare nutrition & electrolyte tablets for water bottle

- Chamois cream

### Duffle bag

- Several cycling shorts
- Several cycling jersey, jackets, vests
- Personal casual clothes, swim suit for hot tubs, all personal effects
- Small bag of laundry detergent for washing shorts, socks and jersey
- Zip lock bags to hold maps
- Advil, Aleve, Tylenol or any other preferred anti-inflammatory