

# WHAT TO BRING KIT LIST

'There is no such thing as bad weather, just inappropriate clothing.' There is nowhere where this rings truer than England so you need to be prepared for anything from hot sun to torrential rain. Ensure you keep checking the weather as this will affect your packing.

All participants staying overnight at the basecamp will be allocated a one-man tent. Due to COVID-19, for hygiene reasons we are also asking that you bring your own camping mat this year.

CARRY ON ROUTE	OVERNIGHT BASECAMP Max weight: 10kg	FINISH LINE BAG Max weight: 7kg	CYCLING REPAIR KIT*
Bike Helmet*	Sleeping bag	Warm top	Multi-tool (and correct Allen keys)
Face mask	Camping mat	Spare change of clothes	Set of tyre levers
Hand sanitiser	Waterproof kit bag (or bin liner/dry bags)		Mini bike pump
Medical kit	Towel	<b>MEDICAL KIT LIST</b>	Spare inner tubes x3
Sun cream	Spare change of clothes	Regular medication	Quick Link/chain links
Waterproof jacket	Spare shoes (flip flops/crocs)	Fabric plasters and/or tape	Chain tool
Fully charged mobile phone**	Travel pillow	Scissors to cut tape	
At least 750ml water	Eye mask	Vaseline/Sudocrem (or similar, for	
Your favourite event snack	Ear plugs	Painkillers (never exceed max dose)	
Emergency cash or credit/debit card	PJ's	Alcohol gel (for cleaning wounds)	
Front and back bike lights (minimum LED Strength)	Wash bag & toiletries	Chamois cream	
	Head torch & spare batteries	Spare facemask	

\*Compulsory

\*\* Save your emergency contact number under "NOK" / "ICE"