



HOLIDAY KILLIST

Clothing and personal equipment

Feet

- * SPD type cycling shoes and spare cleats. These shoes must be suitable for walking in i.e. not hard soled racing shoes.
- * Socks (x 4 pairs) a pair of waterproof socks is also advisable in case of very wet weather

Torso

- * Baselayer - short sleeve cycling top (x 3/4)
- * Mid layer - long sleeved cycling top (x 2)
- * A lightweight waterproof jacket is essential
- * A lightweight fleece is advisable in case of cold weather high pass days
- * T-shirts and/or casual shirts (for the evening)
- * Fleece jacket or jumper

Hands

- * Regular biking gloves
- * Long fingered winter biking gloves are also essential for descending from passes in poor weather conditions

Legs

- * Padded or non-padded (as you prefer) cycling shorts (x 3)
- * Baggy shorts to go over the lycra shorts
- * Cycling tights / pants or tracksters / running pants
- * Trousers / pants (for the evening)

Head

- * Eyewear - Biking glasses with changeable lenses if possible
- * Buff and/or small beanie for cold high pass days
- * Cycling helmet - mandatory
- * Head torch for use in mountain refuges

Daypack and contents

(We strongly recommend that you take a pack which incorporates a 2 litre hydration system - such as those made by Camelbak). You should choose a pack with at least 15 litres (900 cu in) of cargo capacity, to enable you to carry the following items:

- * Water bottles / bladder min. 2 litres
- * Lightweight waterproof top
- * Long sleeved thermal top
- * Buff/beanie
- * Long fingered gloves
- * Basic First Aid Kit
- * Multi-tool, Puncture repair kit
- * Inner tubes, Pump
- * Camera, batteries
- * Sun cream (including total bloc for lips, nose, etc.)
- * Gaffer tape
- * Packed lunch



HOLIDAY KIT LIST

Main Bag Contents - extra to clothing above

- * Selection of plastic bags (to keep kit separate and dry)
- * Travel clothes
- * Washbag and toiletries
- * Small towel
- * Small stuff sac / bag to take up a little over night gear to mountain refuge (that can be strapped to your camelbak).
- * Sheet sleeping bag
- * Bike specific spares (see below)

Personal tools and spares

We strongly recommend you bring the following with you as a minimum. If you have any specific questions about gear, please do not hesitate to telephone us for advice at least a couple of weeks before departure. We can email you a list of spares that we will be carrying on our van, just ask us! We have 3 different spare wheels, tyres, and rear air shox, plus all big bike tools a track pumps and loads of Hope brake spares including spare rotos and even a full set of brakes!

- * Pump and multi-tool with allen keys
- * Plastic tyre levers
- * 1 rear gear cable
- * 2 Spare set of disc pads (front and rear)
- * Spare derailleur hanger
- * Spoke key
- * 5 spare spokes
- * 3 inner tubes
- * 1 x puncture repair kits
- * PLUS ANY spares specific to your bike **

*** Please take care to bring with you any bike-specific spares which might be needed - such as disc brake bleed kits (and appropriate fluid), shock pumps or rear derailleur hangers (which are often non-interchangeable between bikes). If in doubt, ask! We will be happy to give you the benefit of our experience.*