



DESCRIPTION	TAKE IT FOR	
	BIKE	HIKE
BAGGAGE		
Soft Bag to be left in support vehicle (max 35 litre) locked if possible.		Y
Day Sack (for sun cream, waterproofs, water bottle, snacks, personal first aid kit for the mountain climbs)		Y
Handle bar bag/bum bag/day sack (Bike pump, water bottles, 2 x inner tubes, mini-puncture repair kit, waterproof/windproof lightweight jacket, snack bars & money).	Y	
SLEEPING		
Sleeping Bag (3 season recommended)	Y	Y
CLOTHING		
Water & wind proof trousers (with zips to go over boots)		Y
Walking boots (sturdy well worn in canvas or leather boots)		Y
Socks (woollen or wool mix, thick walking socks)		Y
Long sleeved shirt – quick dry thermal		Y
Short sleeved shirt – quick dry thermal		Y
Water & wind proof jacket	Y	Y
Fleece jacket	Optional	Y
Trousers (such as lightweight cargo trousers, no jeans for trekking)	Y	Y
Socks (cycling / leisure)	Y	
Wide brimmed sun hat		Y
Warm fleece hat or Balaclava (windy on summit even in height of summer)		Y
Shower proof gloves (windy on summit even in height of summer)	Y	
Underwear	Y	
Cycling helmet (MUST BE WORN AT ALL TIMES WHILST CYCLING)	Y	
Cycling gloves	Y	
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).	Y	
Cycling shoes or stiff soled sports shoes	Y	
T-shirts (cycling / leisure)	Y	
Set of evening clothes and shoes	Y	Y
Cotton scarf	Optional	Optional
Shorts / Loose shorts (to wear over cycling shorts)	Optional	Optional
Down jacket – for evenings at camp		Optional
HYGIENE		
Toothbrush & toothpaste, soap/shower gel, shampoo/conditioner, lip salve with sun protection, antiseptic wipes, deodorant, toilet paper/tissues, towel	Y	Y
Razor & cream, sanitary products, hairbrush/comb, Vaseline	Y	Y



HEALTH		
After sun/moisturiser	Y	Y
Sun protection	Y	Y
OTHER		
Spare boot laces		Y
Head torch (hands free & spare batteries + bulb)		Y
Water bottle (two 2 litre bottles minimum – platypus or equivalent are best)	Y	Y
Cash / Credit Card	Y	Y
Re-sealable plastic bags (for dirty washing etc)	Y	Y
Sunglasses	Y	Y
Walking poles		Optional
Binoculars		Optional
Contact lenses (bring spare lenses, and glasses)	Optional	Optional
CamelBak (or equivalent) for water to sip as you're riding / hiking (which you can also spray over yourself if it's really hot) and a separate bottle with sports drink in it. Make sure you drink lots – especially if it's hot.	Optional	Optional
Energy snacks and recovery drinks.	Optional	Optional
Ear Plugs	Optional	Optional
Camera / media cards / batteries	Optional	Optional
SMALL FIRST AID KIT		
Any medication you normally use (please disclose to event crew)	Y	Y
Pain killers ie: Paracetamol	Optional	Optional
Adhesive dressing (plasters)	Optional	Optional
Compeed blister pads	Optional	Optional
Antiseptic spray	Optional	Optional
Anti-bite cream and after bite cream	Optional	Optional
Chamois cream. This is entirely an individual decision. Vaseline/Sudocrem provides budget options whilst specialised creams such as ASSOS are more expensive but are designed specifically for the purpose. Ensure you use plenty of it BEFORE you get sore. Also use the cream on other areas that may rub	Optional	
BIKE KIT		
Bike bag (to be used for transporting bike to start and from finish as well as for overnight storage). TNBH can supply this at an extra cost. Please see booking form.	Y	
Bell	Y	
Lights	Recommended	
Water bottle (1litre bottle minimum)	Y	
Puncture repair kit & pump	Y	
Spare inner-tubes x 2	Y	
Multi tool		
Glo band or high vis vest – to stand out when cycling	Y	
Gel seat	Optional	
Bar ends (Optional – useful for adjusting cycling position to prevent saddle soreness)	Optional	
Odometer	Optional	