

Cycling Checklist

Essentials

- Ordnance survey Map
- Chamois cream
- Padded leggings
- Bike shoes
- Bike helmet
- Cycling gloves
- Cycle pump
- Puncture repair kit
- Basic first aid kit,
- Travel adapter plug

Vendor Check

- Food/energy
- Recovery powder
- Mobile battery charge
- Passport
- travel documents
- Bike lock
- Water bottle
- cycling glasses
- Tool kit
- Bin bags