

Recommended Kit List

We're not going into so much detail to remind you about your toothbrush and change of underwear, but this is a recommended kit list to make your stay with us a comfortable one.

Bike related:

- A well maintained mountain bike
- Helmet (no helmet, no ride)
- Cycling glasses
- Cycling gloves
- Enough base layers and tops for 3 days cycling
- Enough cycling shorts for 3 days
- Cycling shoes (cleats or flats are fine)
- Waterproof socks are a good idea eg. Sealskins
- Hydration pack with at least a 2 litre reservoir, or 2 water bottles and bottle cages
- In the pack:
 - Waterproof jacket
 - Snacks / energy bars
 - 2 inner tubes
 - Tyre levers
 - Multi-tool
 - Pump
 - Chain breaker and spare links (not essential)
 - Derailleur hanger specific for your bike
 - Brake pads specific for your bike
 - Cash for lunch stops

Outdoor living related:

- Wellies or crocs or something good in wet grass
- Warm fleece or duvet jacket
- Hat
- Your favourite pillow
- Sleeping bag (3 season is ideal or you can hire one from us)
- Sun screen
- Insect repellent
- Personal first aid kit
- Torch or even better, head torch
- Bin bags or something more glamorous for wet and dirty bike kit