



JO'S CYCLING KIT LIST

Jo Payne is Macs Adventure's cycling tour development specialist. Her kit list is a suggestion for a leisure cycling trip, and of course many items are down to personal preference. We recommend preparing for every weather eventuality, as even a completely clear forecast can change!

BRINGING YOUR OWN BIKE

If you are bringing your own bike, we suggest getting it serviced prior to travel. Please bring a good bike lock to secure your bike if stopping during the day, and overnight at your accommodation.

As you will need to carry personal kit, maps, camera, water etc., the ideal solution is a rear pannier and handlebar bag with map case. Alternatively a daypack will also suffice.

If you are bringing your own bike you will need to supply your own maintenance kit.

We suggest the following: 2/3 spare tubes, puncture repair kit, pump, tyre levers, multi-tool, chain breaker and any parts that you feel are specific to your bike.

If you are hiring a bike through Macs Bike, a basic maintenance kit is provided as part of the hire

HELMETS AND SAFETY

For your safety, always wear a helmet when riding your bike. Most, but not all hire bikes come with a helmet. Taking your own helmet can be more hygienic and being your own helmet, is more likely to be a better fit.

We would also suggest taking a small pair of bike lights with you in case of poor visibility.

WATER CARRIER

Keeping hydrated is a key part of enjoying your day on the bike. Hydration systems with a reservoir in your pack and a drinking tube tend to ensure you drink regularly. Hire bikes will usually come fitted with 1 or 2 bottle cages for you to safely store water bottles during your ride.

Water bottles do not come with the bike and you will need specific cycling/sports bottles. The bottles are usually a universal fit to the bottle cage.

Bicycle stores and most sports outlets will sell these bottles and will be able to help with any questions you have.

ESSENTIAL

- ✓ Cycling helmet
- ✓ Shoes/trainers for cycling
- ✓ Socks
- ✓ Cycling shorts (can be worn under loose short or long pants)
- ✓ Long cycling tights (usually for spring/autumn days)
- ✓ Quick drying cycling top(s)/base layer(s)
- ✓ Lightweight insulated jacket for cycling
- ✓ Waterproof jacket (lightweight, ideally high visibility)
- ✓ Waterproof trousers or tights
- ✓ High visibility gilet/vest
- ✓ Cycling gloves / gloves for cycling
- ✓ Water bottles or hydration system (1.5-2L)
- ✓ Personal snacks (energy bars etc)
- ✓ Mobile Phone & charger
- ✓ Basic first aid kit
- ✓ Personal medication (to be kept with you at all times)
- ✓ Personal wash kit
- ✓ Sun glasses / glasses for cycling
- ✓ Insect repellent
- ✓ Sun cream (ears & the back of neck are exposed when riding!)
- ✓ Toilet tissue (& nappy sacks)
- ✓ Basic maintenance bike kit (if bringing own bike)
- ✓ Casual clothes & footwear for evenings
- ✓ Personal credit cards / currency
- ✓ Passport

OPTIONAL

- ✓ Camera
- ✓ GPS Device
- ✓ Swimwear
- ✓ Hat/Headband (able to fit under helmet)
- ✓ Zip loc bags and small knife (useful for picnic!)
- ✓ Wet wipes
- ✓ Battery pack for mobile phone
- ✓ Handlebar mount for phone (if using navigation app)
- ✓ Chamois cream for saddle comfort
- ✓ A small set of bike lights

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