

Packing List - RIDERS

You will receive:

Cycling kit

- 2 x jerseys
- 2 x bib knicks
- 2 x pair socks
- 1 x cycling cap
- 2 x water bottles
- 1 x tour shirt to wear in the evening
- Shoe bag (for the gear you need to have access to during the day –trainers)
- Laundry bag
- Sticker sheet with 4 name stickers, luggage tags and top tube sticker

WHAT TO PACK – Max 8kg:

- Cycling kit
- Riding rain jacket. Preference for red, black or navy, but bring what you have so you stay dry!
- For the cooler weather on the bike: an undershirt, arm /leg warmers, winter gloves, toe covers
- Warm jacket to wear in evenings/early mornings
- Jeans/pants (max. 1 pair)
- One pair casual shoes / trainers for stops during the day and evening
- Underwear, socks & sleepwear (plus compression wear if you wish to ease the muscles overnight!)
- Sunglasses, or riding clear glasses
- Toiletries including sunscreen
- Small hand sanitiser (min 60% alcohol) to fit in jersey pocket. Can be refilled with TDC supplies
- Face mask
- Covid Rapid Antigen Test – to test if feeling unwell
- Personal medical needs ie Panadol or regular medication
- Ear plugs if you are a light sleeper
- Laptop (if applicable) & chargers (carried at owner's risk and responsibility)
- Mobile and charger
- Power board/ multi USB plug (if you have multiple gadgets incl lights & Di2 to charge overnight)

What you need - For the bike:

- Riding rain proof jacket
- Helmet
- Bike shoes with cleats (spare pair if you have them in case they get wet)
- Bike lights (front and rear) and chargers
- Garmin / bike computer and chargers (if already owned)
- If you have electronic gearing make sure you bring relevant chargers
- **Spare Derailleur hanger** –NB stores won't necessarily have your specific hanger in stock, you will need to order this when you book in your bike service 2 weeks prior to tour.
- Small cleaning kit to be able to maintain your own bike every night. Chain oil | Wet wipes | Toothbrush/ small scrubbing brush | Small rag | Small multi-tool kit | Cable ties | Small pliers
- Sense of humour and camaraderie!

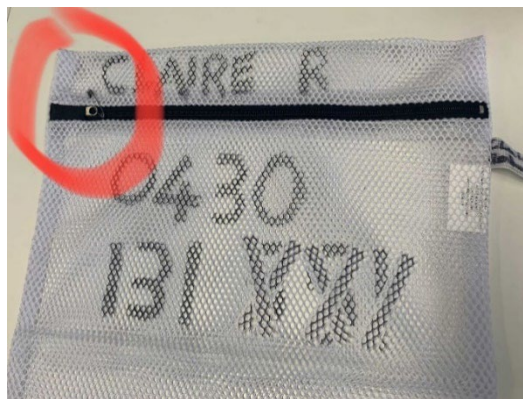
Do not pack:

- Spare Bike wheels, saddle bag, spare tubes, CO2, bike tools, spare parts - mechanic on tour will provide

Packing Tips:

1. **Pack light** – your riding lycra will be washed on night 1, ready to wear again on day 3. Bags should be under 8kgs in weight. The lighter the better for our logistics crew please, we want them to look after their backs!
2. **Please pack everything into a soft duffle bag** (no wheels as we will have early starts and we would like to minimise the noise for the other hotel guests). Please don't bring hard cases as our support crew will be lifting these in and out of the minibus/truck.

3. You will be supplied with luggage tags (when you pick up your kit) to put in a visible spot on your personal belongings. NB: Laptops are carried under your own responsibility and only laptop sleeves accepted, no laptop backpacks please, we don't have room! Please add mobile number to your tag.
4. Day wear – Riders will be in their cycling kit. You will be told the night before which jersey and knicks to wear the next day.
5. Evening wear – at dinner each night everyone is to wear tour supplied polo shirt & jeans with casual shoes
6. **Don't pack your best gear**
7. Label / mark EVERYTHING with your name – bring a permanent marker
8. You will receive your kit in a laundry bag, please write your name and phone number on the bag and bring a safety pin to secure the zip to close the bag. With up to 200 laundry bags if we use a commercial laundry, bags often come undone and your kit may escape! It's also hard to find your white laundry bag among 200 other white laundry bags without your name and number! Use a permanent marker!



Tour de Cure day bags *(From a tour veteran)*

At the start of tour, you will be issued a small day bag to carry your daily essentials. You'll also receive a sticker sheet with name tags for the day bags. The bags are carried in the back seat of the lead car of your peloton ... BUT ... the stickers are small and there will likely be multiple bags with the same colour in the car (red, pink, green, dark blue), so it's a good idea to use some other form of identifier, even if only writing your name on the bag in big letters. **Bring a permanent marker pen.**

Day bags are always available at longer breaks (morning tea, lunch, afternoon tea and school/branch visits). Depending on time and situation, they're sometimes available at shorter breaks (water stops, regrouping after hills, etc), but don't rely on this.

What you pack in your day bag can make a big difference to your enjoyment of each day. Keep them light and pack only the essentials.

Here's my Top 12 things to pack in the Day Bag:

1. Joggers (much more comfortable to wear at longer breaks)
2. Wallet & phone (if you don't ride with them)
3. Face mask
4. Sunscreen (the cars will have some, but a small tube of your own is always useful)
5. Small hand sanitiser (min 60% alcohol ... these can then be refilled from TDC bulk supplies)
6. Butt cream
7. Sunglass cloths and replacement lenses
8. Extra clothing to suit the conditions (rain jacket, gilet, spare/long gloves, arm/leg warmers, toe covers/booties, undershirts, skull cap, etc)
9. Spare derailleur hanger
10. Spare Di2 battery (if relevant)
11. Painkillers and other medical needs (the cars have a small emergency supply, but they are not your personal chemist)
12. Nutritional needs ... the cars have bananas, apples, muesli bars (both gluten free and gluten-containing), electrolytes and water, but bring your own if you want to guarantee a specific brand or flavour