

Recommendation for participants

Cycling clothes

- Shorts, ideally padded shorts or biking tights/equivalent
- A light and breathable T-shirt/long sleeve
- Riding shoes – athletic shoes, lightweight hiking boots, or trail running shoes with a sturdy sole work well
- Bike gloves
- A helmet
- A relaxed outfit for the evening, including:
 - A sweater (evenings will be chilly)
 - sneakers
 - Sandals / flip-flops
- Sunglasses
- Sunscreen lotion
- Rain Coat & Pants or poncho
- A swimsuit + towel

Your bike:

If you rent a bike :

- A helmet
- Water bottle
- A little bag/pannier/back-pack for everyday things

If you bring your own bike :

- Your bike
- A bicycle lock
- A helmet
- A bell
- Water bottles
- A headlamp or a lamp you can fix on your bike easily
- A little bag/pannier/back-pack for everyday things
- Inner tubes for your own bike
- Bicycle tools

Others

- Travel documents (passport + visas + tickets)
- Health and travel insurance
- Cash in relevant currencies (for dinners, snacks, souvenirs etc)
- A mobile phone, plus charger
- A wifi enabled device (smartphone/tablet/iPad/netbook etc.)
- Electrical adapters if you need them
- Your own hygiene stuff (toothbrush, soap etc.)
- A towel
- Ear plugs (some people snore...)
- Your own medication, if you have any
- Insect repellent