

## Sportive Kit List

Here is a suggested Kit List that covers the basics that you may consider packing for a trip away. This list is not extensive, just a guide, and some items you may find unnecessary if just riding a local event.

Bike + Bag or Box	
Helmet	
Cap / Bandanna	
Sunglasses	
Shoes (& possibly Overshoes)	
Socks	
Shorts	
Jersey	
Rain Jacket and / or Gilet (descents can get chilly even on a hot day)	
Arm & Leg or Knee Warmers	
Mitts	
Chamois Cream	
Sun Cream	
Water Bottles	
Energy Bars, Gels, drink powder or tablets (e.g. nuun)	
Spare inner-tube (or tub if running tubulars)	
Tyre Levers	
Pump (note :- Gas Canisters are prohibited on Aircraft)	
Chain Lube	
Hex Wrenches and Torque Wrench	
Appropriate Gearing (change in advance if not bringing a chain whip, spanner & nut)	
Bicycle Lights	
Appropriate Lock	
Event Entry Confirmation & Maps	
BC License	
Passport	
Cash & Credit Card	
Travel Insurance (note sporting events, in particular 'racing', may not be covered under all policies)	
Health Insurance / EHIC card (if eligible - available from <a href="http://www.ehic.org/">http://www.ehic.org/</a> )	
Phone, Charger (& adapter if necessary)	
First Aid Kit (including any medication)	
Civvie Clothes	