

Kit list

**TOUR DE
WELDMAR
2021**



Item	Required	Tick
Passport (valid for 6 months after your return date)	Yes	
Travel insurance certificate	Yes	
Euros and/or Credit Card	Yes	
Luggage		
Ferry Bag – this will be your only available bag for the first night on the Ferry, please have toiletries, second day cycling clothes and your evening clothes within	Yes	
Hotel Bag – this bag will be available to you from the end of day 2 in Flers	Yes	
Cycling Gear		
Bike	Yes	
Helmet – No helmet no cycle!	Yes	
Water bottles for on your bicycle x2	Yes	
Bike lights (recommended) OR reflectors (as a minimum) – specifically for boarding and disembarking the ferry	Yes	
Sunglasses with UV protection	Yes	
Puncture repair kit attached to your bike	Yes	
Garmin (or navigational device) and charger	Yes	
Clothing		
Padded cycling shorts/ leggings x2 (minimum)	Yes	
Cycling jersey x2 – you will be provided with x1 Weldmar jersey	Yes	
High visibility vest or cycling top specifically for boarding and disembarking the ferry	Yes	

Item	Required	Tick
Cycling shoes – cleats are recommended	Yes	
Cycling gloves	Yes	
Lightweight waterproof cycling jacket	Yes	
Arms or leg warmers	Recommended	
Base layers	Recommended	
Casual clothing for the evenings and time off your bike	Yes	
Casual footwear for the evening and time off your bike	Yes	
Other		
Ear Plugs	Optional	
Travel plug	Yes	
Plastic bags for dirty clothes	Yes	
Health and Hygiene		
Toiletries – toothbrush, toothpaste, lip balm with UV protection, tissues, deodorant, sanitary products, antibacterial hand gel, paracetamol, ibuprofen, diarrhoea relief tablets, anti-travel sickness tablets and antihistamines	Yes	
Suns cream	Yes	
Chamois cream	Recommended	
Plasters	Yes	
Energy gels, high energy snacks	Recommended	
High energy drink powders or & electrolyte tablets	Recommended	