

What to bring on your cycling tour

This information is some general guidelines to assist planning and packing for your cycling tour.

The weather in the high mountains is changeable and having the right gear for the climatic conditions will allow you to get the most out of each day. Even on warm summer days descending from climbs above 2000m requires the right clothing such as a Gilet and arm warmers or jacket, head band and gloves. No need to worry about the weight and bulk while you're riding as your additional kit will always be available from our support vehicle and staff.

We recommend travelling with a medium sized suitcase and a day back pack or similar, so that every person's luggage can comfortably fit for transportation.

Cycling Clothing

It is important to bring a range of clothing and be prepared for all weather conditions, essentially bringing both summer and winter kit.

CYCLING KIT	SUGGESTED QTY	COMMENT
GENERAL		
Helmet	1	
Cycling Shoes	1	Cleats in good condition
Jerseys	3	
Knicks/shorts	3	
Arm warmers	1	
Knee warmers	1	
Cycling gloves	1	
Socks	3	
Base layers	3	
Gilet	1	
Windproof jacket	1	
Headband or skull cap for under helmet	1	
Light long fingered gloves	1	
Sunglasses	1	
Water bottles	provided by vbt	
Sunscreen	1	also available from vbt
Light thongs / sandals	1	
Camera	1	
Small backpack	1	
Identification and waterproof wallet/pouch	1	

Note that laundry services are available on most of our tours on specific days (usually twice within a tour).

COLD/WET WEATHER	SUGGESTED QTY	COMMENT
Overshoes, thermal/waterproof	1	
Waterproof jacket	1	
Waterproof gloves	1	
Warm socks	2	wool if possible
Warm base layers	3	

Bike & Gear

You will be riding your bike around many of the most scenic villages, over spectacular cols and all that is in between. If you are bringing your own bike, please ensure your bike is clean and serviced prior to your trip, to give you the best chance of the least problems. Whilst most bike issues are minor and easily fixed, the less problems/interruptions to your riding, the more enjoyable your days will be.

velobiketours mobile workshop carries many spare parts, including tyres, tubes, CO2 canisters, wheels, foot pump, etc.

BIKE & EQUIPMENT	SUGGESTED QTY	COMMENT
If you are renting a bike, please bring:		
Bike pedals		
Bike Seat, if preferred		Optional
If you are bringing your own bike, please bring:		
Your bike - serviced and cleaned		Aluminium wheels recommended
Spare tubes	3	also available from vbt
Tyre levers		
Front & rear lights		
Basic multi tool		
Spare spokes, if you are using wheels that have spokes that may be difficult to source locally		

Casual Wear:

In the provincial towns and villages throughout France and Italy the dining is generally casual therefore t-shirts, smart shorts, jeans and comfortable walking shoes are fine for casual wear.

NON-CYCLING / CASUAL
Casual wear (as noted above)
Power adaptor(s)
Chargers (phone, camera, other devices)
Local currency
Passport
Travel Insurance documents
Zip lock plastic bags, can be handy for documents or items in jersey pockets
Photocopies of important documents