



Packing List - Riders

You will receive:

- 2 x team cycling jerseys
 - 2 x bib knicks
 - 2 x pair socks
 - 2 x cycling caps
 - 1 x wind vest
 - 2 x water bottles
 - 1 x Black dinner shirt
 - Shoe bag (for your gear you need to have access to during the day – joggers)
 - Laundry bag
 - Sticker sheet with name stickers, luggage tags and top tube sticker
 - Race tag
 - Tour de Cure red rain jacket (on loan only)
-

WHAT TO PACK – Max 8kg:

- Your cycling kit
- For the cooler weather on the bike: an undershirt, winter gloves, toe covers
- Jeans/pants (max. 1 pair)
- Optional shorts
- One pair casual shoes / trainers for stops during the day and evening
- Underwear, socks and sleepwear (plus a compression suit if you wish to ease the muscles overnight)
- Swimmers
- Sunglasses, or riding clear glasses
- Toiletries including sunscreen
- Personal medical needs (although we will have an extensive first aid/medical kit)
- Ear plugs if you are a light sleeper
- Laptop (if applicable) & chargers (these will be locked in a road case in the truck during the day)
- Mobile and charger
- Power board (if you have multiple gadgets incl lights to charge overnight)

What you need - For the bike:

- Helmet, bike shoes – consider bringing a spare pair of shoes if one pair gets wet
- spare set of cleats
- Bike lights (front and rear) and chargers (if required)
- Garmin / bike computer and chargers (if already owned)
- If you have electronic gearing make sure you bring relevant chargers
- **Mandatory 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.
- Sense of humour and camaraderie!



Our mechanics keep us on the road everyday, however, with 180 bikes to keep spinning it's important for you to bring a 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

Did you get the message it needs to be small! This forms part of your 8kgs baggage.

Do not pack:

- Spare Bike wheels – mechanic on tour will provide this
- Bike tools, spare parts, spare tubes, CO2 and saddle bags
- Any NON TDC wind vests or waterproof jackets. These will be supplied if required.

Packing Tips:

1. **Pack light** - you'll wear the same things over and over & laundry will be done during the tour. Bags should be **under 8kgs** in weight. The lighter the better for our logistics crew please, we want them to look after their backs! Can you lift your bag with your pinkie? No? Then leave stuff at home!
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 logistics crew will be lifting these in and out of the 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: only laptop sleeves accepted, no laptop backpacks please.**
4. You will be supplied with **1 bike number and fastener** (when you pick up your kit) **to put on the seat post of your bike before dropping your bike off. Please also remove your pedals, put them in a snaplock bag and cable tie them to your bottle cage before you drop your bike off.**
5. 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.
6. Evening wear – at dinner each night everyone is to wear the TDC dinner shirt & jeans/shorts with casual shoes
7. **Don't pack your best gear** - laundry is done commercially, whites & colours are mixed
8. Label / mark EVERYTHING with your name – clothes may escape laundry bags in the machines!