



Rider's Checklist

50/100 miles

This list is intended as a guide only. You may have your own preferences in preparing for a long ride, but we hope this gives some pointers when getting ready for the big day!

- Bike (Road, Mountain or Electric)
- Helmet
- Sunglasses
- (Bike for Bibles) Cycle Jersey
- Shorts
- Base layer
- Waterproof packable jacket
- Leg warmers and arm warmers
- Cycling cap
- Cycling gloves
- Tools and spares
- Lights
- Water bottles
- Sports nutrition
- Chamois cream