

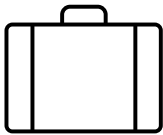
## Packing List - You will receive:

### Cycling kit



2 x jerseys  
 2 x bib knicks  
 2 x pair socks  
 1 x gilet  
 1 x cycling cap  
 1 x tour shirt to wear in the evening  
 Day bag (for the gear you need to have access to during the day –trainers)  
 Laundry bag  
 Sticker sheet with 4 name stickers, luggage tags and top tube sticker

## WHAT TO PACK – Max 8kg:

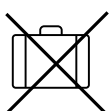


- Cycling kit
- Riding rain jacket. Preference for red, black or navy, but bring what you have so you stay dry!
- For the cooler weather on the bike: an undershirt, arm /leg warmers, winter gloves, toe covers. Think about bringing spares if one set gets wet
- Warm jacket to wear in evenings/early mornings
- Jeans/pants (max. 1 pair)
- One pair casual shoes / trainers for stops during the day and evening
- Underwear, socks & sleepwear (plus compression wear if you wish to ease the muscles overnight!)
- Sunglasses, or riding clear glasses
- Toiletries including sunscreen
- Small hand sanitiser (min 60% alcohol) to fit in jersey pocket. Can be refilled with TDC supplies
- Face mask
- Covid Rapid Antigen Test
- Personal medical needs ie Panadol or regular medication
- Ear plugs if you are a light sleeper
- Laptop (if applicable) & chargers (carried at owner's risk and responsibility)
- Mobile and charger
- Power board/ multi USB plug (if you have multiple gadgets incl lights & Di2 to charge overnight)
- Spare tubes to replenish TDC stock if you get a flat
- Sense of humour and camaraderie!

### What you need - For the bike:



- Riding rain proof jacket
- Helmet
- Bike shoes with new cleats (spare pair shoes if you have them in case they get wet)
- Bike lights (front and rear) and chargers
- Garmin / bike computer and chargers (if already owned)
- If you have electronic gearing make sure you bring relevant chargers
- **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.
- Small cleaning kit to be able to maintain your own bike every night. Chain oil/lube | Wet wipes | Toothbrush/ small scrubbing brush | Small rag | Small multi-tool kit | Cable ties | Small pliers



**Do not pack:** Spare bike wheels, pump, saddle bag, CO2, bike tools, spare parts. TDC Bike Mechanic trailer will provide.

## Packing Tips:



1. **Pack light** – your riding Lycra will be washed on night 1, ready to wear again on day 3. Bags should be under 8kgs in weight, to look after the backs of our support crew who lift them everyday.
2. **Please pack everything into a soft duffel 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 support crew will be lifting these in and out of the minibus/truck.
3. You will receive luggage tags when you collect your kit, make sure your mobile number is on them. NB: Laptops are carried under your own responsibility and only laptop sleeves accepted, no laptop backpacks please, we don't have room!
4. Day wear – Riders will be in their cycling kit. You will be told the night before which colour jersey to wear the next day.
5. Evening wear – You will receive a tour polo shirt to wear to dinner with your jeans and trainers.
6. **Don't pack your best gear, we use commercial washing machines!**
7. Label / mark EVERYTHING with your name – bring a permanent marker
8. You will receive your kit in a laundry bag, write your name and phone number on the bag. Tie on a bright coloured ribbon and bring a strong safety pin to secure the zip to close the bag. With up to 200 laundry bags if we use a commercial laundry, bags often come undone and your kit may escape! It's also hard to find your white laundry bag among 200 other white laundry bags without your name and number and ribbon! Use a permanent marker!



## Tour de Cure day bags *(From a tour veteran)*



You will receive a 'day bag' drawstring backpack with your kit. Attach your day bag name sticker with mobile number and tie a coloured ribbon so you can identify your bag quickly. The day bags go on the back seat of the peloton lead car. **Bring a permanent marker pen.**

Day bags are always available at longer breaks (morning tea, lunch, afternoon tea and school/branch visits). Depending on time and situation, they're sometimes available at shorter breaks (water stops, regrouping after hills, etc), but don't rely on this. What you pack in your day bag can make a big difference to your enjoyment of each day. Keep them light and pack only the essentials.

### Here's my Top 13 things to pack in the Day Bag:

1. Joggers (much more comfortable to wear at longer breaks)
2. Wallet & phone (if you don't ride with them)
3. Face mask
4. Sunscreen (the cars will have some, but a small tube of your own is always useful)
5. Small hand sanitiser (min 60% alcohol ... these can then be refilled from TDC bulk supplies)
6. Butt cream
7. Sunglass cloths and replacement lenses
8. Extra clothing to suit the conditions (rain jacket, gilet, spare/long gloves, arm/leg warmers, toe covers/booties, undershirts, skull cap, etc)
9. Spare derailleur hanger
10. Spare Di2 battery (if relevant)
11. Painkillers and other medical needs (the cars have a small emergency supply, but they are not your personal chemist)
12. Nutritional needs ... the cars have bananas, apples, muesli bars (both gluten free and gluten-containing), electrolytes and water, but bring your own if you want to guarantee a specific brand or flavour
13. Tubeless puncture plugs if you run tubeless tyres