



## Marmot Tours LTD

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### **Ariegeoise – suggested packing list**

The following list has been put together to give you an idea of what to bring with you on your biking holiday. If in doubt it is best to bring more stuff with you rather than having too little. Please note that if you are bringing your own bike, some airlines include its weight in your baggage allowance – most boxed up bikes weigh about 13Kg.

During June we can expect to be cycling in just shorts and a t-shirt. The temperature is naturally dependant on the altitude, so on some of the higher cols it can get fairly chilly. Unfortunately rain cannot be ruled out but the showers tend to be fairly short. It is best that you come prepared for all eventualities.

#### **Bike Clothing**

- 2 / 3 biking tops
- 2 / 3 padded cycling shorts
- Long sleeved biking top (for sun protection)
- Long legged cycling trousers
- Short fingered gloves
- Long fingered (warm) gloves
- Hat that fits under the helmet and covers ears
- Windproof top
- Waterproof top
- Thin fleece
- Thick fleece

#### **Bike Stuff**

- Helmet (must be worn when on the bike)
- Water bottles / or other hydration system
- Small tight fitting backpack / large bum-bag. (see below)
- Biking Shoes

#### **If hiring a bike.**

If hiring a bike you will be provided with the following.

- Spare Tube
- Mini pump
- Tyre levers

Bottle Cages: The hire bikes come with 2 bottle cages, but for hygiene reasons you need to provide your own bottles / hydration system.

Pedals: The hire bikes come with standard pedals. If you normally wear bike shoes with cleats, please bring your own pedals with you.

Saddles: If you have a comfy one then please bring it along. You do not need to bring your seat post.

#### **If bringing your own bike.**

- Hand-pump
- Spare tubes
- Patches and Glue
- Tyre levers
- Multi tool
- Spare set of brake pads
- Bike lock (Every night the bikes will be put in a locked garage, but it is best to be sure they are safe!)

Tools: There is no need for you to bring any tools with.

Spare: There is a bike shop in Ax stocking most road bike parts. In the event that something cannot be fixed, you will be able to hire a bike from them.

#### **General stuff:**

- Mobile telephone (if you have one) - make sure it is unblocked to work in France.
- Personal medication / creams (not first aid - this will be carried in the guide)
- Sun lotions / block
- Sunglasses
- Sandals
- Evening clothing / shoes
- Alarm clock
- Swimming costume (for thermal baths / swimming pool)
- Walking shoes / boots (of the Friday you may want to rest your cycling legs)

#### BACKPACK SIZE:

This list has been put together to give you an idea of what you will need to carry with you on the bike at all times:

- Snacks / Lunch
- Spare tube
- Tyre levers
- Mini-pump
- Mobile phone
- Windproof top
- Sun creams
- Sun glasses

If the weather is looking as if it is going to get worse (or at high altitude), you will also need to carry the following:

- Long fingered gloves
- Hat that fits under the helmet
- Thin fleece
- Waterproof

#### ACCOMMODATION.

**L'Alpage** - Please bring a pair of slippers or 'inside shoes' to be worn inside the Lodge. Towels are provided, but you will be expected to provide all your own toiletries. Clothes washed in the evening will generally be dry by the next morning and if you buy Alan a beer he is happy to let you use his washing machine.

**Hotel** - Towels and basic toiletries are provided. There are no drying facilities, but clothes washed in the evening will generally be dry by the next morning.

#### INSURANCE

Please make sure that you arrange suitable insurance cover and that you bring the details with you.

European Health Card. (UK residents only). It is advisable that you also obtain a European Health Insurance Card (EHIC) before you travel. The EHIC entitles you to free or reduced cost emergency medical treatment, in the EEA (European Economic area) and certain other countries. Applications are available at the post office or online at <http://www.dh.gov.uk>. The EHIC is the replacement of the E111 which is no longer valid. Many insurers will insist you travel with this.