



Marmot Tours LTD
Solomons Farm, Latchley, PL18 9AX. UK
Tel / Fax: +33 5 61 02 80 43.
Email: james@marmot-tours.co.uk
Web: www.marmot-tours.co.uk
Registered in England No. 05534116,
Registered Office: 21 St Thomas Street, Bristol, RS1 6JS

Atlantic to the Mediterranean – 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 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 15Kg.

At all times of the year when we run this trip we can expect to be cycling in just shorts and a t-shirt. Unfortunately rain cannot be ruled out but the showers tend to be fairly short and can even be fairly refreshing. That said, the climate is changing and becoming fairly unpredictable, so it is best that you come prepared for all eventualities.

There are no Laundry facilities in any of the hotels, however if you rinse out the cycling kit in the shower, it is normally dry in the morning. If not, you can hang wet stuff in the support vehicle where it tends to quickly dry out.

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 (e.g. camelback)
- Biking Shoes

If hiring a bike.

The hire bikes are fitted with slick tyres, a basic bike computer and a 2-litre handle bar bag containing the following.

- Spare Tube
- Mini pump
- Tyre levers

You are expected to carry your lunch with you in the handle bar bag. However there is also space for all the other things that you may need during the day.

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.

You will need to bring the following.

- 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 garage / shed, but it is best to be sure they are safe!)

Tools: There is no need for you to bring any tools. There will be a comprehensive tool kit in the van.

Spares: Basic spares are carried in the support van. If we are unable to sort the problem, I will be happy to drive to the nearest bike shop.

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 van)
- Sun lotions / block

- Sunglasses
- Sandals
- Evening clothing / shoes
- Alarm clock
- Camera
- Swimming costume (some of the hotels have swimming pools)
- Swimming hat (it is compulsory in France – they can be bought locally)
- Walking shoes / boots (for day off / paragliding)

ACCOMMODATION.

We stay in a variety of different hotels. Towels and basic toiletries are provided although I suggest you bring your own. 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.