



## Marmot Tours LTD

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### **Classic Cols of the Tour de France – 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. 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.

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. Snow is even a possibility up on the Tourmalet. 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, we can hang wet stuff in the van where it dries fairly quickly.

#### **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.**

This trip is only suitable for road bikes. A MTB with slicks is not appropriate. If you are bringing your own road bike, you may have some questions regarding gear ratios. One of our experienced clients who has cycled many of the Pyrenean cols suggested the following:

*"The only really important thing to worry about is the lowest gear: - all of our group had a lowest gear of 34" and they all reckoned it worked perfectly given the gradients and length of time going uphill. This can be obtained with the following combinations:*

- a) Small ring at front 34 tooth, large ring at rear 27 tooth*
- b) Small ring at front 36 tooth, large ring at rear 29 tooth OR*

*If using a triple chainset then small ring at front 30 tooth, large ring at rear 25 tooth."*

He did also add that there was no substitute for training! Any other bike related questions, then don't hesitate to email us.

Other kit to make sure you have with your bike is as follows:

- 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 with. 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 (for thermal baths / swimming pool)
- Swimming hat (it is compulsory in France - they can be bought locally)
- Walking shoes / boots (for day off / paragliding)
- Towel

**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.**

We stay in a mix of different standard of hotels / auberges. Towels and basic toiletries are provided although I suggest you bring your own as some of the towels are fairly small. 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.