



Marmot Tours LTD

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Lakes and Volcanoes – 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 15Kg.

At all times of year that I run the trip we can expect to be cycling in just shorts and a t-shirt. However rain and even snow cannot be ruled out at the higher altitudes. 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
- Change of clothes (to be left in the van)

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 peddles. 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 (we are doing a lot of down hill)
- Bike lock (Every night the bikes will be put in a locked garage, but it is best to be sure they are safe!)

Full suspension bikes: Please bring all the special pumps / tools etc to fit your bike.

Tools: There is no need for you to bring any tools with you apart from special tools to fit your suspension / hydraulic brakes.

Spares: We carry a full range of Shimano Deore parts in the van. If something breaks we should be able to fix it. In the unlikely event that we cannot, we carry a spare bike in the van.

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 (there are lots of cooling lakes)
- Walking shoes / boots (if walking on day off.)

Optional gear:

I do not consider that for this style of holiday and type of riding we are doing that body armour is necessary. However if you have some, then I suggest you bring it – as you would regret it if you do have an accident.

BACKPACK SIZE:

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

- Lunch (two large rolls, fruit, crisps, cake, cereal bars)
- 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 variety of 2 star hotels. All rooms are en-suite and 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, if not they can be hung in the van.

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.