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Raid Alpine– 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.

As we are travelling in August, 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. You will have regular contact with the support vans, so you will not need carry extra clothing on your bike and generally we can give you extra clothing before a descent and take it off you at the bottom before you start climbing again!

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 van.

You will be supplied with a Marmot Tours cycling jersey at the start of the trip.

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
- Thermal arm / leg extensions
- Windproof top
- Waterproof top
- Thin fleece
- Thick fleece

Bike Stuff

- Helmet (must be worn when on the bike)
- Water bottles / or other hydration system
- Biking Shoes

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 you. There will be a comprehensive tool kit and track pumps in the van.

Spares: Basic spares are carried in the support van. If we are unable to sort the problem, we 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 (just in case you cannot resist a dip in the Med.)
- Snacks (we provide 'basic' snacks, but it may be best to bring a supply of your favorite bars / jells)

WHAT YOU NEED TO CARRY WITH YOU

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. Most people fit all of this in the pockets of their biking jersey (the Marmot Tours Jersey has 3 big pockets), but you may consider bringing a small back pack.

- Snacks
- 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 standards of hotels. 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.

SNACKS / ENERGY DRINKS

We provide fruit, cereal bars, cakes, nuts, crisps. We suggest that you bring your own supply of energy bars / drinks as the variety and makes available locally are a bit limited.

INSURANCE

Please make sure that you arrange suitable insurance cover and that you bring the details with you. Unfortunately you will not be able to participate in the Raid Alpine without it.

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.