



SUGGESTED Pack List

- AACR cycle Kit (optional)
- Spare cycle shorts
- Arm warmers
- Knee warmers
- Wind vest
- Rain jacket
- Undershirt singlet
- Gloves (short and long)
- Socks
- Bike Shoes
- Sunglasses
- Comfort clothing off bike
- Sunscreen
- Chamois cream

- Spare tubes

- Spare tyre

- Water bottles (2)

- Pump or canisters

- Preferred food/bottle mix

- Spare brake pads

- YOUR BIKE (serviced)