

This list is a guide for what to think about bringing to Ireland for a cycling tour. You don't necessarily need all these items, the time of year will also play a part, and the list below should be taken as a guide.

### **Recommended bike wear**

- "Layering" is the best option. Cycling jersey / vest / T-shirts – Ideally both long sleeved and short sleeved.
- Fleece jacket, lightweight windproof jacket. Tops with full-length zippers are a good idea
- Cycling shorts
- Cycling leggings or close fitting tracksuit bottoms
- Cycling gloves
- Head band/ear warmer
- Suitable cycling footwear - e.g. cycling shoes, well soled trainers or walking / running shoes
- Sports socks
- Raingear – Gore-Tex or similar "breathable" material is best.
- Helmet (we can supply if bringing your own helmet proves too difficult)
- Sunglasses / cycling shades
- Water bottles (we have bottles for sale or you can bring your own)

### **Recommended off-bike wear**

- Casual clothing for evening wear
- Sweater, Hoodie, shirts, T-shirts etc
- Swimwear
- Shoes & sandals/flip-flops
- Sleepwear / Underwear etc

### **Miscellaneous**

- Any current medications and a prescription
- Personal first aid kit (e.g. painkillers, plasters, antiseptic cream, after-sun, sting-relief cream etc
- Sun screen and lip balm
- Insect repellent
- Small torch – can be useful in rural areas
- Toiletries / washcloth
- Day sac
- Ziplock bags
- Mobile phone and charger (perhaps a power pack)
- Plug socket adaptor (if necessary) Plug sockets have three square pins, so don't forget to bring an adaptor if you are travelling from overseas.

### **Documents**

- Passport
- Plane / train / bus tickets
- Credit card / Debit card
- Small amount of cash (in Euro) – You can take out cash at ATMs from your credit card
- Insurance documents