

# Spokes CTC, Part of Cycling UK

## Rider's Checklist

The following list is based on previous experience of overseas trips. It is not exhaustive but simply a list of some of the extra things that you may need to take on this event.

- **Passport;** Take 2 photo copies, leave one at home and keep the other in a safe place away from your passport
- **EHIC (European Health Insurance Card)/GHIC (Global Health Insurance Card)**
- **Travel Insurance details**-ensure your policy covers you for cycling
- Euro's, Credit Cards
- Flight Details
- Car Parking details
- Resort transfer details
- Maps
- Address Book
  
- Sun Tan Lotion and After Sun
- Lipsil
- Vaseline
- First Aid Kit
  
- Bike Bell
- Water Bottles (2)
- Spare inner tubes (2 min)
- Pump
- Basic cycle tools-don't pack in your hand luggage
- Lights for tunnels and mist/fog
- Cycling clothing
- Cycle shoes
- Cycles gloves
- Helmet-compulsory in Spain
- Wet weather Clothing
- Hip or bike bag to store snacks
- Bike Lock; for locking overnight and whilst at cafes etc
- Glasses and Sunglasses
- Regular Medication
- Travel plug
- Handwash
- Mobile phone and Charger
- Swimwear & beach towel