

SADDLEDRUNK TRAVEL

2025 Heathrow Fire Station Green Watch London to Amsterdam

Please see a suggested list of equipment for the upcoming charity bike ride to Paris:

- Bike to be road worthy with pedals and bottle cages
- Bike Helmet & sunglasses
- Bike clothing for dry and wet weather if required:
 - cycling jersey
 - bib-shorts
 - gilet
 - rain jacket
 - gloves
 - socks
 - arm warmers
 - leg warmers
 - shoes
- Cycling shoes with cleats and maybe spare cleats, or normal trainers
- Bike computer with route downloaded on it, please do not use your mobile phone to navigate (route will be confirmed nearer the time)
- Battery pack for charging computer & other tech items
- Travel multi plug advised
- Front & rear lights
- Passport
- Wallet (in the UK GB sterling, in the Netherlands Euros, just in case you want to use cash)
- Your own nutrition for the ride, any spare nutrition will be carried in the van
- Sun cream advised

Items advised to carry in your luggage:

- Dry clothes (something comfortable advised)
- Toothbrush & toothpaste
- Deodorant
- Any other spare cycling kit that you might need

Please keep luggage to the maximum size of a cabin trolley.

The support vehicle will be with us at all times, therefore at the stops you will be able to access it, if assistance is required.

PLEASE NOTE THAT YOU WILL BE LIABLE FOR ANY DAMAGE CAUSED DUE TO INAPPROPRIATE BEHAVIOUR BOTH ON THE ROAD AND OFF THE ROAD.