



PACKING ESSENTIALS

CAMINO DE SANTIAGO, SPAIN

Cycling Gear

- 1 x Bike helmet
- 1 x Cycling cap
- 1 x Sun glasses
- 1 x Clear lens glasses
- 1 x Fingerless gloves
- 1 x Full finger gloves
- 1 x Cycle Shoes
- 2 x Padded cycle shorts
- 2 x Cycle Jersey
- 4 x Cycling socks
- 1 x Light Water-proof wind breaker
- 1 x Warm, light Fleece (base layer for your rain jacket on cold days)
- 1 x Arm warmers / sleeves

Clothing

- 1 x Long sleeve "dinner" shirt / blouse
- 1 x Short sleeve "dinner" shirt or polo or blouse
- 1 x Long trousers / practical skirt / dress
- 1 x Warm, light Sweater or Cardigan
- 1 x flip-flops or light-weight walking shoes
- 5 x Underwear (rinse them out in the shower on rest days!)
- 1 x Compact toiletry kit (including hand-washing liquid)

Tools & Equipment

- Smartphone and charger
- Phone mount for bike
- Multi tool
- Spare tube (and / or patch kit)
- Small bottle chain oil
- Small first aid kit

Extras

- Camera (or smartphone)
- Battery pack (Optional)
- Sunscreen - small tube
- Small packet of tissues (for pit stops!)
- Shower cap (for your seat on rainy stages)