



Equipment for our bike rides

This list is intended to act as a guide only and is mainly for our long distance rides such as Pedal to Paris where you are requested to travel as lightly as possible.

A standard hybrid or road bike will be sufficient for your needs. No mountain or fixed wheel bikes are allowed on our long distance rides.

Your bike must be in roadworthy condition and it is well worth taking it to your local bike shop for a check-up prior to the ride. If you would like to talk to an expert, please contact Nigel Hill at Sidcup Cycles on 020 8300 8113 who will be happy to assist you.

Please note that anyone needing help from our mechanics at the start of an event to ensure roadworthiness will be charged for this service.

Helmets

The Legion requires all participants to wear a helmet at all times whilst riding. This will reduce the severity of head injury sustained in the case of an accident.

Cycle lock

This is optional as we provide secure lock-up storage at each overnight location.

Water bottles

To be carried on your bike. We recommend carrying two to ensure you always have some available.

Puncture repair kit

Not essential as our support team is available but highly recommended.

Currency

On Pedal to Paris and the Ypres Battlefield Bike Ride, you will need some Euros. All meals and refreshments are included - but not bar bills! You should also allow enough cash to cover taxi/metro costs from hotels to the relevant Eurostar stations for your return to London.

Baggage

Space is limited so we can only carry ONE BAG per person. You will deliver your luggage to, and collect from, a central point each day. It will be transported for you. Please make sure that your luggage is clearly marked with your name and does not weigh more than 15 kg.

Travel documents

Please check you have the following for rides travelling outside the UK:

- a current passport
- Travel Insurance (The Legion does not cover this)
- a European Health Insurance Card (EHIC) - formerly the E111 form. This entitles you to NHS-type treatment whilst in Europe.

Cycle clothing

Lycra cycling tops - these are lightweight and dry very quickly.

Padded cycling shorts - highly recommended

Footwear - ideally a pair of cycling shoes or thick-soled trainers.

Sunglasses - ensure that they are well secured eg with an elasticated sports band.

Waterproof jacket - light enough to carry. Unfortunately, we cannot control the weather!

Cycling Gloves

Basic health treatments

Please bring your own sun cream, insect spray, muscle rub, Vaseline, lip salve etc - these items are not included in the entry fee!

And of course any other medication or first aid items you require.

Small Rucksack/Cycling Paniers

To carry any personal items you may need during the day such as medications, cameras, puncture repair kit etc.