



Cycle France 2025 – Packing List

Item	Required	✓
Passport (valid for 6 months after your return date).	YES	
Travel insurance documents.	YES	
Cash and/or Credit Card.	YES	
Luggage		
Ferry Bag – this will be your only available bag for the first night on the Ferry, please have toiletries, second day cycling clothes and your evening clothes within.	YES	
Hotel Bag – This bag will be available to you from the evening of day 2 in the Hotel at Vire Normandie.	YES	
Bicycle Specific Gear		
Bicycle	YES	
Helmet – No helmet no cycle!	YES	
Water bottles for on your bicycle x2.	YES	
LED bike lights (recommended) OR reflectors (as a minimum) – specifically for entry and exit onto and off of the ferry, but also to maximise your visibility.	YES	
Sunglasses with UV protection.	YES	
Puncture repair kit attached to your bicycle.	YES	
Own Garmin (or navigational device) and charger.	YES	
Clothing		
Padded cycling shorts/leggings x2 (minimum)	YES	
Cycling jersey x2 (minimum. You will be provided with x1 Cornwall Hospice Care Jersey)	YES	
High visibility vest or cycling layer specifically for entry and exit onto and off the ferry, but also to maximise your visibility	YES	
Base layers and/or arm and leg warmers	YES	
Cycling shoes – cleats are recommended!	YES	
Cycling gloves	YES	
Lightweight waterproof cycling jacket	YES	
Casual clothing for the evenings and time off the bike	YES	
Casual footwear for the evening and time off the bike	YES	

Other		
Ear plugs	OPTIONAL	
Camera with spare batteries	OPTIONAL	
Smart phone – with Whatsapp & What3Words (please ensure your phone is set to work in France before departure)	YES	
Phone charger	YES	
Travel adapter(s)	YES	
Plastic bags for dirty clothing	YES	
Health and Hygiene		
Toiletries – Toothbrush, toothpaste, lip balm with UV protection, tissues, deodorant, sanitary products, antibacterial hand gel, paracetamol, ibuprofen, diarrhoea relief tablets, anti-travel sickness tablets and antihistamines	YES	
Sun cream	YES	
Chamois cream or other for prevention or relief of saddle sores	RECOMMENDED	
Plasters	YES	
Own preference of energy gels, snacks and high energy drink & electrolyte recovery powders.	RECOMMENDED	