

The Gentle Cycling Company, 411 Nayland Rd, Nelson, New Zealand

www.gentlecycling.co.nz

What to bring for your single day bike trip

Our bikes have a tote box on the back which is ideal for carrying a small bag and the purchases you may want to buy along the trail

We recommend you bring:

- Sunhat/cap/bandanna, sunscreen
- Insect repellent
- Togs and towel (if you wish to swim at the beach or river)
- Cell phone
- Credit card/cash (for all the goodies you will taste and buy!)
- Camera
- Rain jacket, preferably breathable
- Warm long-sleeved top (depending on the season)
- Water bottle
- Snacks and/or lunch if you want to picnic
- First-aid kit

For cycling you will need to wear:

- Sturdy shoes, preferably with an enclosed toe (eg trainers or something with a firm sole)
- Comfortable casual clothes
- Sunglasses, sunscreen
- Please note, our bikes don't have odometers

You won't need to bring a helmet, lock or puncture repair kit as these are all provided.

What to bring for your multi day bike trip

- **Bag/suitcase** that will be transported by us each day (**NB One bag only per person weighing no more than 15kg**). Try to keep this to a moderate size. For example, it is better for a couple to have two medium-sized bags rather than one large and one small. In it you will put the gear you don't need for the day:
 - Change(s) of clothes
 - Spare shoes
 - Spare bike shorts
 - Toiletries
 - Reading material/electronic device
 - Extra food/snacks for following days
- **Waterproof day pack or small bag** in which you put the gear that you want during the day. We will provide a strong plastic bag for this in case of rain. This will sit in the tote tray that you will have on the back of your bike. We can lend you a bungee cord to hold it in place. Keep this bag small; you will want to leave room in your tote tray for the wine, beer and fruit that you might buy along the way!

In your day bag you will need:

- Sunhat/cap/bandanna, sunscreen
- Insect repellent
- Togs and towel (if you wish to swim at the beach or river en route, otherwise towels are provided by accommodation places)
- Cell phone
- Credit card/cash (for all the goodies you will taste and buy!)
- Camera
- Rain jacket, preferably breathable
- Warm long-sleeved top (depending on the season)
- Water bottle
- Snacks and/or lunch if you want to picnic
- First-aid kit

For cycling you will need to wear:

- Sturdy shoes, preferably with an enclosed toe (eg trainers or something with a firm sole)
- Comfortable shorts or longs, preferably biking ones with padding (denim is not recommended)
- Comfortable top – a fabric that wicks away moisture is better than cotton (long sleeves for sun protection?)
- Bike gloves (optional)
- Sunglasses, sunscreen
- Please note, our bikes don't have odometers. If you are keen to record your mileage, we suggest you use one of the many apps that can be downloaded onto your phone, such as RunKeeper Pro and Lite, or iMapMy Ride.

You won't need to bring a helmet, lock or puncture repair kit as these are all provided.

If you would like a fully waterproof Ortlieb pannier please order prior and it will be fitted to your bike.

The hire fee for a single pannier is \$10/day.