



**LA FUGA**  
ride · relax · escape



## Essential Cycling Kit

### Summer kit: what to wear and what to carry

Summer is the time you'll be completing your longest rides so make sure you have comfortable and functional kit. Wear lightweight layers that are easily removed and can fold down small enough to pack in your jersey pocket or saddle bag. Here's a basic list of summer kit to consider:

- Long zip, short sleeved jersey
- Lightweight vest
- Bib shorts
- Arm, knee and leg warmers
- Lightweight rainproof jacket or gilet
- Fingerless gloves
- Ankle socks

### Winter kit: what to wear and what to carry

Winter needn't deter you from riding so long as you have the correct kit. The primary concern is to keep your core warm so good thermal jackets and jerseys are a must. Using several layers as opposed to one heavy one is best as it means you can adjust your clothing to suit the conditions.

Here's a basic list of winter kit to consider.

- Waterproof jacket
- Waterproof bib-long
- Long sleeve thermal vests
- Thermal socks
- Long fingered gloves
- Waterproof overshoes

As well as your kit you need to prepare for the possibility of breakdowns, so carry a basic puncture repair outfit, at least two spare inner tubes, tyre levers, a bike pump, plus a multi-tool. Learn how to repair a puncture and keep your bike in good condition.

Finally, whatever the conditions, always wear a helmet, carry a mobile phone and keep some money with you in case of emergencies.