

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

[www.gentlecycling.co.nz](http://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
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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 \$5/day.