

# Paris to Hayling Charity Cycle Ride 2010

## Guide to Baggage

**How to make your life and our lives much easier for this symbolic 25<sup>th</sup> Ride!**

### Introduction

Have a guess at the total weight we estimate will be shifted in July over our five day ride:

20 tons

30 tons

40 tons

The answer is none of the above! We reckon on taking around 240 people including support and that a reasonable maximum weight per person is 20kgs. That is 4,800kgs, or lugging on and off 9,600kgs per day.

That is nearly **50 tons** for the five days - roughly 20 Asian Bull elephants - nearly 4 elephants per day. It is not just the dead weight to consider. It takes a long time to sort baggage correctly to get to the right hotel. Incidentally, our accuracy rate has been incredibly high – better than most airlines!

We are setting the scene here, given the enormous task this is for the organisers each year. Many of the committee (and other volunteers) have undertaken this unenviable task in the past. We would like to remind you that nobody is paid to shift this lot. Hence we have decided this year to prepare this guide.

There are two reasons

1. A reminder of what to take and weight limit. This will help the poor people who lug this gear around for you
2. Help you when transferring to your room (sometimes upstairs) and between vans etc.

### Trucking Facts

Last year we took one truck for the baggage. We anticipated that the van would have the carrying capacity we had predicted. We were wrong! The van was seriously overloaded due to the aggregate weight of rider's bags. There are three consequences:

1. Driving an overloaded vehicle is extremely dangerous
2. The French Police are notorious for pulling over overloaded vehicles and dealing with these matters harshly
3. The Committee realise that, even though we are taking steps to contain the weight of baggage, there is no option but to take three vans this year, in spite of the extra expense.

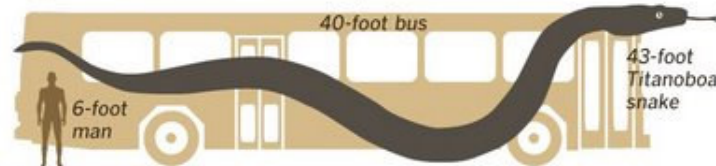
As a reminder to all, we have struggled to keep the cost of the ride down without much success, mainly due to the strength of the Euro. We have kept our support numbers much lower and wherever we can we strip out cost, where it will not impact on the enjoyment of the ride for all concerned.

**With this in mind we would like to ask our riders to try to keep to an overall baggage weight of 15kgs - the absolute maximum will remain at 20kgs.**

**A reduction of 5kgs per rider saves 1200kgs!  
That is equivalent to the weight of the world's largest prehistoric snake!**

### King of the snakes

At one time, the prehistoric *Titanoboa* snake was probably the largest non-marine creature living on Earth.



Source: Journal of Nature

BRADY MACDONALD Los Angeles Times

**Or, in more familiar terms, that is the weight of an Audi TT**



We are all guilty of taking stuff we simply never use, and may give insufficient thought as to what is sensible or not as the case may be.

We recommend that stuff for your bike should be left with the bike where possible.

For example, most locks can be locked to the bike when on the ferry or at the hotel, in the unlikely event they don't actually need to be locked.

Leave water bottles on the bike. We will have water in the vans – so there is no need to carry around fluids for drinking.

## Suggested Luggage List

### For the bike

- Helmet
- Sunglasses
- Gloves
- Water bottles x2
- Pump
- Lock
- Rider card and sticker
- Bell



### Saddlebag or Bum bag



- Mobile phone
- Wallet and money
- Passport
- Puncture repair kit
- Tyre levers
- 2 inner tubes
- Lock keys
- Waterproof
- Ticket(s)
- EHC Health Card
- Pen
- Map(s)
- Route notes
- Sun block

## Overnight bag for ferry

We recommend a soft drawstring bag which can be used as a rucksack and can be stored in your main bag after use - extremely light and easy to use.

- Toothbrush
- Toothpaste
- Deodorant
- Cycle clothes



## Main Bag – soft holdall **NOT** a rigid suitcase

- Wash Bag
- Evening footwear (Max 1 pair)
- 3 cycle shirts
- 3 cycle shorts
- 3 pairs cycle socks
- Waterproof jacket
- 3 shirts
- 2 pairs trousers/skirts
- 3 pairs socks
- Undergarments
- Last night outfit
- Mobile phone charger

## Useful tips

### Washing Cycle Clothes

Many riders take a small amount of washing powder with them in a container and wash their Lycra after each day's ride. If you air the garments properly, they will be dry for the morning. If not, roll the item inside your towel and stand on them – that wicks moisture out very quickly. It means you take less clothing! The other benefit is that unwashed cycle clothing has a habit of making your clean clothes smell. Anyone who has ventured into the baggage storage rooms at our hotels at the end of the ride will testify to this!!

### Towels

Use hotel towels – there is no need to carry these

### Shampoo and shower gels

Large bottles of gels and shampoos are very heavy. Try using the mini versions that hotels often have. Not all our hotels will have these so take a few spare

### Map holders

Many people use map holders affixed to their handlebars. If you are taking maps they can be put in this holders rather than placed in your luggage



## **Shoes**

To reduce weight, why not invest in a pair of cycle shoes that can be used as après cycling attire? Many non-race cycle shoes are suitable and come in some reasonably attractive styles. The ones featured here come from Wiggle and cost around £35



## **Large or unusual items**

If you have any particular items that you need to consider bringing, but will not be making use of during the main part of the week (a motorcycle!), please let us know in advance since we may be able to carry these in one of our vans. This will be at the discretion of the organisers and any such requests will be dealt with on an individual basis

## **Bottles**

Any baggage containing bottles or cans of drink will not be loaded until those items are removed. We cannot offer that service for any of our riders. Aside from the risk of spillage, the weight of these things is unacceptable, as you will understand.

## **Sharing**

We don't recommend taking hair dryers, hair tongs, cravats and smoking jackets, but if your vanity is such that life doesn't seem possible without these – why not share with a friend. The same may go for other items such as bathing/shower products.

## **And finally...**

By now we expect you will have realised the importance of baggage in relation to the overall logistics of the ride.

In view of our bitter experience in recent years, we will be using scales at the signing in for the ride. By contrast to some airlines, where you can pay a supplement for excess weight, we are not able to offer that facility

Any bags over the 20kg weight limit will not be loaded until they meet that limit. Remember: your limit will be one bag only.

Once we have a final list of riders and hotels we shall be preparing luggage tags in order that the bags can be identified each day in relation to the specific hotels you are using. We will make these arrangements clear in due course

We would like to thank you all for your cooperation and helping us to make the ride and our responsibilities easier to manage

## **The Baggage Management Team**

### **Hayling Cycle Ride**

**25 March 2010**