

# PACKING LIST



SA CALOBRA CYCLING CLUB  
MALLORCA CYCLING CAMPS

## 01 // WHAT IS SUPPLIED

- Carbon bike hire
- Stages Powermeter
- Bike computers: Wahoo Elemnt Bolt
- Heart rate monitor: Wahoo Tickr
- Elite Fly water bottles
- Sports nutrition
- Mechanical support
- Spare parts (air tubes, break pads, chains, etc)
- Ass Saver
- Saddle bags
- BB Talkin radio
- Abus AirBreaker helmet
- Gobik cycling kit: bib shorts, jersey, and socks.
- Sa Calobra Cycling Club t-shirt
- Backpack
- Complex system
- Compression boots
- Muc-Off Luxury Chamois Cream
- Pelotan sun protection
- Towels (shower & pool)
- Triple USB charger
- Laundry net
- First aid kit

## 02 // WHAT TO PACK

Saddle (read below)	Arm/leg warmers	Swimsuit
Pedals	Rain/wind vest	Toiletries
Cycling shoes	Base-layer (depending on season)	Cellphone and charger
Powermeter batteries (read below)	Thermal vest (depending on season)	Id or passport (if necessary)
Sunglasses	Headband or hat (depending on season)	Photocopy of passport
Cycling gloves (depending on season)	Winter Collar (depending on season)	Credit/debit card
Winter tights (depending on season)	Regular clothes	Medications and prescriptions (if necessary)
Shoe covers (depending on season)	Walking shoes	Universal power adapter (if necessary)

## 03 // TIPS

### SADDLE

All of our bikes are equipped with a saddle, of course. However, we recommend that you bring your own if it is comfortable for you rather than spending a week sitting on a saddle that may not be suitable for you.

### POWERMETER

If you decide to come with your own power meter (left crank arm or pedals), bring a set of new batteries.

### WE LOVE BLACK!

As you may have noticed, we love super sleek black outfits at the Sa Calobra Cycling Club. When packing, if at all possible, choose black accessories (shoe covers, winter collar, arm/leg warmers, jacket, etc). The photos and videos will only look better if each participant doesn't wear another color!

### CARRY-ON

If you have a checked bag, we recommend that you carry your saddle, pedals and cycling shoes with you, in the cabin. If your checked bag gets delayed or lost, it will not risk ruining your cycling week in Mallorca.

### CONTACTS

Remember to keep with you (on paper) the

telephone number of the staff member who will welcome you at the airport. In the event of the unexpected, and if your phone runs out of battery, you would not spend hours stranded in the terminal.

### HAIR REMOVAL

To take full advantage of your daily massage, and/or reduce the consequences in the event of a crash, we advise you to arrive with shaved legs. Like the pros!

### PASSPORT

Make sure that the expiration date of your passport will not prevent you from flying on the outward or return journey.

### INSURANCE

For a trip abroad, taking out insurance that covers you in the event of a problem is always a good idea (repatriation, assumption of health costs, damage caused to the rental bicycle, civil liability, loss of luggage, etc). However, check that your mutual insurance policy, multi-risk home insurance, or simply a credit/debit card does not already cover you for this trip.

### MEANS OF PAYMENT

If you want to bring back a souvenir or drink a beer (or both), check that your credit/debit card

allows you to make purchases abroad. Most Spanish merchants do not impose a minimum purchase amount to pay by credit card. Note however that here, withdrawals of money from the ATM give rise to relatively high fees (2 euros per transaction). It may, therefore, be useful to carry a little cash in your wallet.

### CELLPHONE

The Villa is equipped with Wi-Fi, but remember to check that your telephone plan allows you to make calls or use the Internet abroad. You may need it when you arrive at the airport, or in an emergency.

### WHATSAPP

During the camp, staff and riders regularly use Whatsapp, whether to exchange photos, keep you informed of the program, etc. We therefore advise you to download the application if you have not already done so.

### FTP TEST

Avoid training on Saturday morning, the day of your arrival before flying to Mallorca. It is important to be rested on Sunday, so that the result of the FTP test that you will perform is consistent.