



Organisatie: **Stichting WielerStimuleringsDagen**

Met medewerking van:



What to bring.

- You must take a sleeping-bag, a pillow, your pyjama's, underwear, toilet-requisite, towels and a handkerchief,
- Sports-clothing,
- Swimming-suit,
- Pocket-torch,
- Licence,
- Copy from your sick-fund-card or insurance policy,
- Telephone number and address from your parents (residence)
- A bike that's in good shape,
- A good crash-helmet,
- Medicine and directions for use,
Inform your guide!
- Mark your bags and suitcases,
- You can bring a spare tyre, spare wheel etc.
Put your name on your belongings.

What not allowed

Mobile phones and energy drinks! (below we mean the drinks with caffeine)
If you still have to be ingested and after the week you get it back.