



Lisa Charlebois' PBP Packing List:

Fast Talk Femmes Podcast: Paris Brest Paris Brevet—How to Plan, Prep & Execute with Lisa Charlebois - Episode 122*

Drop Bag

Things Lisa wore packed into three kits (divided across one plastic bag for each day). Each bag contained:

- **Bibs** (Pas Normal Escapism or Assos UMA GTV Bib Shorts)
- **Jersey** (Pas Normal Escapism - has two-way zipper and is wool-based)
- **Under-layer** (Rapha)
- **Sports bra** (Rapha)
- **Socks**

Food

Lisa brought all her own food and used a drop bag. She brought enough for each day of refueling:

- **Gels**
- **Bars**
- **Cliff blocks**
- **Lisa's homemade hummingbird fuel energy drink** (primary source of calories - 75g/hour)
- **Supplement with bar**

Bike Miscellaneous

- **Silca gear wipes**
- **Toiletries kit**
- **European plug adaptors**
- **Cables** (to charge bike computer, spare lights, speaker, and power bank)
- **Extra chain**
- **Extra set of brake pads**

Seat Bag

- **Rain jacket**
- **Shoe covers**
- **Rain pants**
- **Goretex cap**
- **Rapha packable down jacket**
- **More hummingbird fuel** (20 hours of mix/day)
- **Di2 charger cable**

Top Tube Bag

Made by @steadyco

- **Anker 10,000 mAh power bank**
- **Cords**
- **Gels**
- **Bars**
- **Brevet card**
- **Patches** (to give away to roadside supports and kids)

Front Bag

**This packing list has been provided by a guest of Fast Talk Femmes Podcast. Any information, recommendations, views, or opinions provided in this resource are those of the contributor and do not necessarily reflect the views or positions of Fast Talk Femmes, Fast Talk Podcast, or Fast Talk Labs.*



- **Full of hummingbird fuel** (refill bottles at control)

Bottles

- **Two extra-large, one liter Science in Sport bottles**

Bike Computer

- **Wahoo Roam**

Custom Frame Bag

- **Bike lock** (travel lock)
- **Sunscreen**
- **Chamois butter**
- **Space blanket**
- **Advil**
- **Tums**
- **Chapstick**
- **European converter wall plug**
- **Backup front light and battery**
- **Surgical gloves** (for rain or messy roadside repairs)
- **Silica gear wipe**
- **Mini tube of chain oil**
- **Sleeping mask**
- **Ear plugs** (in case sleeping at a control)
- **Lens wipes**

Repair Kit

Lisa used a canister with all her repair items in her 3rd bottle cage.

- **Replacement derailleur hanger**
- **Zip ties**
- **Small bungee cord**
- **Dynaplug kit**
- **Multitool**
- **Spare tube**
- **Tire levers**
- **Patch kit**
- **Mini first aid kit**
- **Quick link**
- **Presta valve adaptor**
- **Lezyne pocket drive pump**
 - **TIP:** Put emergency electrical tape on it.

What Was on Lisa

Things that Lisa wore on her body:

- **Wahoo HR monitor**
- **Reflective vest** (required by Audax Paris Club)
- **Clip on speaker** (ANCwear)
- **Shoes** (Quoc Mono II)
- **Cycling cap** (helps with the sun)
- **Helmet** (Sweet Protection Outrider MIPS)
- **Sunglasses** (Bolle Light Shifter Photochromic)