

FREE / PRINTABLE / NO SIGN-UP

# PBP 2027 First-Timer Checklist

Qualifying BRMs, travel, sleep, fuelling, equipment and judgement - the questions to revisit before every long rehearsal.

## HOW TO USE IT

Mark each item as ready, needs testing or not decided. Take the unanswered questions into your next brevet. This is not a packing list; it is a decision list.

01

### ENTRY

#### Entry and qualifying plan

- ☐ I have checked the current PBP 2027 dates and rules on the organiser's website.
- ☐ I know whether I will use a validated 2026 BRM for earlier pre-registration.
- ☐ My 2027 calendar includes the required 200, 300, 400 and 600 km BRMs.
- ☐ I have left a contingency window for illness, weather, mechanical trouble or a missed qualification.
- ☐ I know which national organisation will validate my brevets and how results are reported.

02

### LEARNING

#### Rehearsal rides

- ☐ I have chosen a ride to rehearse the bicycle, lighting, clothing, food and sleep decisions together.
- ☐ I record moving time and stopped time separately.
- ☐ I can identify what fails after 12, 24 and 36 hours - not only what works when fresh.
- ☐ I change one major variable at a time so I can learn from the result.

03

## RELIABILITY

## Bicycle, lighting and repairs

- ☐ My bicycle fit and contact points have been tested over successive long days.
- ☐ Primary and backup lights have survived a full-night rehearsal.
- ☐ I know the real runtime of every light, phone and navigation device.
- ☐ My charging plan works without relying on ideal weather or short queues.
- ☐ I can repair the punctures and minor failures most likely on my own setup.
- ☐ Critical spares are accessible when I am cold, wet and tired.

04

## ENERGY

## Food and hydration

- ☐ I have tested ordinary food as well as sports nutrition.
- ☐ I know what I can still eat when appetite drops.
- ☐ My plan includes a fallback for closed shops, queues and unavailable preferred foods.
- ☐ I have practised eating and drinking consistently without forcing a rigid formula.
- ☐ I recognise symptoms that require me to stop, reassess or seek medical help.

05

## NIGHT

## Sleep and night riding

- ☐ I know how sleep loss changes my pace, mood and judgement.
- ☐ I have defined warning signs that mean I should stop riding.
- ☐ I have tested short and longer sleep opportunities during a brevet.
- ☐ My schedule contains realistic rest time rather than assuming continuous movement.
- ☐ I will not treat caffeine as a substitute for sleep or safe decision-making.

06

## LOGISTICS

## Travel to France

- 
- ☐ I have checked airline or rail bicycle rules directly with the carrier.
  - ☐ I can pack, move, rebuild and test the bicycle without outside help.
  - ☐ My itinerary leaves time for baggage delays, repairs and jet lag.
  - ☐ Accommodation allows practical bicycle storage and access to the start.
  - ☐ Essential riding items are split so one delayed bag does not end the event.
  - ☐ Insurance, medication documents and emergency contacts are current.
- 

07

## TIME

## Time and control strategy

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- ☐ I will study the control schedule for my start group once it is officially published.
  - ☐ My plan includes queues, food, clothing changes and indecision - not only riding speed.
  - ☐ I know which stops are essential and which can be shortened.
  - ☐ I have tested whether the schedule still works when I am slower than expected.
- 

08

## JUDGEMENT

## Continue, rest or withdraw

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- ☐ I have written down personal stop criteria before the event.
  - ☐ I can distinguish discomfort from a problem that may worsen with continued riding.
  - ☐ I know how to contact organisers or emergency services if necessary.
  - ☐ I have considered how I will reach safety or accommodation after withdrawing.
  - ☐ I have someone who can help me make a clear decision when fatigue clouds judgement.
-

## BEFORE RAMBOUILLET

# Finishing matters. Returning safely matters more.

09

## FINAL CHECK

## Before the start

- ☐ I have rechecked the official route, rules, registration status and required documents.
- ☐ I am willing to change the plan when conditions or my body require it.
- ☐ I know that withdrawing can be the correct decision.

## WHAT DO THESE DECISIONS FEEL LIKE ON THE ROAD?

Further Than I Thought follows Dr. Iruka from bicycle transport and the start in Rambouillet through night riding, pain, food, sleepiness, friendship and the finish in 88 hours 29 minutes.

Available on Kindle and Kindle Unlimited

[amazon.com/dp/B0HN99N8PF](https://amazon.com/dp/B0HN99N8PF)

## IMPORTANT

This independent checklist combines information currently published by the event organiser with one rider's experience. It is not affiliated with or endorsed by Paris-Brest-Paris or Audax Club Parisien. Rules, dates, route details and services may change. Always confirm current information with the organiser. This is general information, not individual medical advice. Seek appropriate professional or emergency help when needed.

Official information: [paris-brest-paris.org/en/get-ready/](https://paris-brest-paris.org/en/get-ready/)

Free preparation guide: [dr-iruka-hub.pages.dev/en/pbp-2027-preparation/](https://dr-iruka-hub.pages.dev/en/pbp-2027-preparation/)