



# PACKING

## What to Take on Tour

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**We encourage you to pack lightly as you will be toting your baggage to and from the trailer. Dress is always casual. There are often laundry facilities available at some of our stops. Don't forget your luggage tag. For help in attaching it, watch our short video: <https://youtu.be/kU94BzEGRNs>**

### Cycling Clothes

- helmet (required)
- 3 cycling shorts
- 2 or 3 brightly colored cycling jerseys
- sports bras
- tights
- long sleeve cycling shirt or arm warmers
- 3 or 4 pairs cycling socks
- rain gear
- neoprene or rain booties if desired
- touring shoes or comfortable sport shoes
- If you use shoes with cleats, bring your shoes and pedals
- cycling gloves
- cool weather full finger cycling gloves
- head band
- microfleece type shirt (not essential but recommended)
- bandana (optional)

### Off Bike Clothes

- shorts
- long pants
- hiking/walking shoes
- turtleneck or long sleeve shirt
- short sleeve shirts
- medium weight jacket
- socks and underwear
- swimsuit
- sleepwear

### Bike Related (If you are bringing your own)

- well-tuned bike
- 2 spare tubes
- tire levers & pump
- rear view mirror
- allen wrenches
- 1 water bottle or water hydration system such as Camelbak
- rack bag or pannier to carry rain gear
- bike lock

### Miscellaneous

- sunscreen & lip sunblock
- sunglasses
- toiletry articles
- camera & binoculars (optional)
- ear plugs (to help with sleeping)
- cash or credit card
- day pack for hiking
- cell phone
- National Park Pass (if you have one)
- safety triangle (if you have one)

Rental bikes include a rear rack, rear rack bag, tubes, and water bottle cages. Please bring your own rear view mirror if you use one, your seat if you have one you like, and your pedals if you ride in shoes with cleats.