



# 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.

For help in packing in only a carry-on, check out our how-to blog and video:

<https://tinyurl.com/4ja4h959>

*"Travel light. You hardly ever go away and say, 'I wish I'd packed more.' It's usually the other way around." ~Martina Navratilova*

### 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
- rain booties (optional)
- 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
- microfleece type shirt
- headband, bandana or buff

### Off Bike Clothes

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

### Bike Related (if bringing your own)

- well-tuned bike
- spare tube
- rear view mirror
- 1-2 water bottles and cages or water hydration system such as Camelbak
- Cell phone holder for GPS cues
- rack bag or pannier to carry rain gear
- bike lock

### Miscellaneous

- sunscreen & lip sunblock
- sunglasses
- toiletry articles
- 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, water bottle cages and cell phone holder. 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.