



# PACKING

## What to Take on Tour

---

*We encourage you to pack lightly. Dress is always casual. There are often laundry facilities available along our route.*

*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*

*Rental bikes in the U.S. include a rear rack, rear rack bag, water bottle cage and cell phone holder. Please see your tour Plan for equipment on rental bikes for international tours. Please bring your own rearview mirror if you use one, your seat if you have one you like, and your pedals if you ride in shoes with cleats.*

### Cycling Clothes

- helmet (required)
- 3 cycling shorts
- 2 or 3 brightly colored cycling tops
- 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 (optional)
- cool weather full finger cycling gloves
- microfleece type shirt
- headband, bandana or buff

### Bike Related (if bringing your own)

- well-tuned bike
- spare tube
- rearview mirror
- Cell phone holder for GPS cues
- rack bag or pannier to carry rain gear
- bike lock

### 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

### Miscellaneous

- sunscreen & lip sunblock
- sunglasses
- toiletry articles
- ear plugs (to help with sleeping)
- cash or credit card
- day pack for hiking
- cell phone & power bank
- National Park Pass (if you have one)
- safety triangle (if you have one)
- 1-2 water bottles or water hydration system such as Camelbak