

BIKING TOUR

Suggested Packing List



Thank you for booking a tour with us! Now it's time to start thinking about what to bring with you on your trip...

In general, layering and multipurpose clothing allow for lighter packing and therefore easier travel, and of course, bring only what is necessary. Good bicycle clothing will make you more comfortable for your trip. They minimize fatigue, provide protection, and the proper materials will help keep you cool and dry. Rain gear is an important consideration if you don't want to be wet, and breathable materials are best. Keep baggage to a minimum. Be sure to please check if your trip has a luggage limit.

Cycling clothes:

- *Bicycle gloves, full finger for seasonal conditions*
- *Bicycle shorts with chamois/padding*
- *Bicycle shoes, or heavy/stiff sole sneakers*
- *Long bicycle tights (spring and fall riders only)*
- *Bicycle jersey, bright colors, wicking preferable*
- *Rain gear and/or breathable lightweight jacket/wind jacket*
- *Saddlebag, bar bag, or other – check with us first about included items*
- *Sunglasses – dark and clear lens replacements*
- *Helmet (included with rental, you may bring your own)*
- **Saddle and pedals:** *Saddles – we don't recommend you bring yours, but if you want more comfort, look into a gel slipcover, which travels easier. Your pedals and bike shoes: if you bring your own pedals, **remember to bring a wrench to remove pedals at the end of tour.***

Non-cycling clothing:

- *Casual, lightweight clothing, washable, for restaurants and walking*
- *T-shirts, long sleeve shirt, polo/collared tops*
- *Fleece jacket/sweater*
- *Shorts and/or pants, slacks*
- *Swimsuit (summer only)*
- *Socks, underwear,*
- *Comfortable/casual shoes and walking shoes*
- *A "dressy casual" outfit for nice restaurants*

Other suggested gear and items

- *Bandana, sunscreen, lip ointment, cap/hat, drink mixes*
- *Camera, electronics, chargers, reading/writing materials*
- *Backpack/day pack, toiletry kit, personal first aid kit*
- *Money belt/security wallet, voltage converters/plug adapters*
- *Cycling safety gear that you use*
- *Alarm clock/travel clock and/or a watch, small flashlight*
- *Insect repellent, medications/prescriptions, hand sanitizer gel*

This is a 'suggested' list. Depending on destination, season, and exposure, additional materials may be needed. Ask us for questions!

**Always remember that your passport and other "essentials" need to be carried with you on the plane – essentials are those things that you can't go without if luggage gets lost like money and medications, and don't forget to try on clothing and gear before you leave home if you buy them new!*

Who to Contact:

Before you Travel: Pure Adventures – please contact your tour consultant with any questions, concerns, changes, or other situation.

800-960-2221 or 1-480-905-1235

During Travel: Your local contact – see your final trip documents for the local numbers. Here are just a few examples of when to contact your local support person:

- Inclement weather and you need a taxi transfer
- Any communication problem with a provider of an included service
- Bike/equipment malfunction – other than flat tire and you can't ride or fix it.