



PACKING LIST

On the bike

- Bike shorts (or buy one of our stylish ones)
 - Cycling jerseys (or buy one of our stylish ones)
 - Helmet (or rent one of ours)
 - Pedals (clip-in, flat, or use ours)
 - Cycling shoes
 - Cycling socks
 - Biking gloves
 - Lightweight jacket
 - Arm/Leg warmers (for Spring and Fall trips)
 - Wind/Rain jacket (for Spring and Fall trips)
 - Lightweight headband, hat or Buff (for Spring and Fall trips)
 - Sunglasses
 - Chamois Cream
-

General items

- Sunscreen
- Insect repellent
- Photocopies of important documents. Passport, visas, tickets, credit cards, debit cards, prepaid cards, drug prescriptions and other critical documents should be photocopied and carried separately or saved in an easily accessible, digital form.
- Adapters and transformers for your electrical appliances.
- Travel confirmations and tickets for air, rail, etc.
- Local currency (for extra UE visitors)
- Emergency contacts
- Health insurance information
- Medications