

## Packing List for 6-8 Day Bicycle Tours

These items are suggested to make your ride as safe, comfortable and fun as possible. We've listed the essentials, but you might have your own additions.

### On the Bike:

- ☐ 2-3 pairs of cycling shorts with chamois lining
- ☐ Chamois cream
- ☐ 2-3 brightly colored bicycle jerseys (one will be provided by us)
- ☐ Cycling gloves
- ☐ Cycling shoes and pedals (if you use them)
- ☐ Sunglasses
- ☐ Waterproof wind breaker or rain jacket
- ☐ Light weight jacket or vest
- ☐ Bicycle helmet
- ☐ Day pack/hip pack
- ☐ Arm and leg warmers
- ☐ Saddle (optional)

## **For Alpine Tours:**

Pack warmer clothing (layers), waterproof gear, warm gloves and hat

## **Off the Bike:**

- ☐ 2-3 interchangeable evening outfits – our style is very casual and comfortable; jacket and tie not necessary
  - We occasionally have a more formal evening, feel free to bring something for that occasion
- ☐ 1-2 lightweight sweaters
- ☐ 1-2 pairs of shorts or slacks
- ☐ Intimate clothing/sleepwear
- ☐ Comfortable walking shoes for evenings in town

## **Personal Supplies:**

- ☐ Passport and photocopies of your passport
- ☐ Wallet
- ☐ Airline ticket/e-ticket information
- ☐ Camera and camera charger
- ☐ Cell phone
- ☐ Electrical adapter and adapter plug

- ☐ Toiletries
- ☐ Prescriptions or other medications
- ☐ Bathing suit and sunscreen
- ☐ Cash for guide gratuity and meals on own
- ☐ Cash for wine kitty (optional)