

PACKING LIST

SELF-GUIDED CYCLING TRIPS

CYCLING CLOTHING & GEAR

- [Bike shorts](#)
- [Active socks](#)
- [Cycling jerseys](#)
- [Biking gloves](#)
- Clip-in Pedals (if preferred over flat pedals)
- Shoes ([to clip in](#) or for flat pedals)
- [Lightweight jacket](#)
- [Arm/Leg warmers](#)
- Sunglasses
- [Wind/Rain jacket](#)
- [Lightweight headband or hat](#)
- [Helmet](#) (or use ours)
- [Saddle](#) (or use ours)

We recommend being prepared for all weather conditions to be the most comfortable on the bike in any weather situation. This includes having layers, long-fingered gloves, tights/leg warmers, shoe/toe covers, arm warmers, rain gear, vest, wind jacket, and ear covers.

To shop for these items, visit Trekbikes.com or visit your nearest [Trek dealer](#).

LUGGAGE RECOMMENDATION

- 1 [suitcase](#)
- 1 [carry on](#) per person

OFF-THE-BIKE CLOTHING & GEAR

- Walking shoes
- Sun hat
- Swimsuit
- Camera (with charger/extra batteries)
- Comfortable clothing for the weather
- Sweater/Jacket for cool evenings
- Dinner attire: Casual Elegance* (Luxury-level trips) or Casual (Explorer-level trips)

*What is casual elegance?

For women, this is anything you might wear to work or for a night out on the town. Skirts, dresses, dress pants and elegant or patterned tops are acceptable. For men, this is anything you might wear for an afternoon at the country club. Khaki pants, dress pants, collared shirts or polo shirts are acceptable. *Jeans, sneakers, shorts, etc. are strongly discouraged as attire for evening meals on our Luxury-level trips.*

TRAVEL ESSENTIALS

- Airline tickets/e-tickets
- Trek Travel meeting and departing details
- Important contact information
- Necessary medications
- Toiletries and personal items
- Personal identification
- Credit/debit cards
- Cash for incidentals
- Travel insurance confirmation (if purchased)
- Cell phone and charger
- Passport (*international travel*)
- Photocopy of passport (*international travel*)
- Power adapters (*international travel*)
- Power converter (*international travel*)

WHAT WE PROVIDE

- Trek Bike
- Helmet
- Saddle
- Water bottles
- Small bike storage pack
- Spare parts (flat kit)
- Luggage tags
- Garmin GPS Computer
- Flat or caged pedals
- Bike lock
- Frame pump