

PACKING LIST

AVID CYCLING TRIPS

CYCLING CLOTHING & GEAR

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

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](#).

TRAVEL ESSENTIALS

- Airline tickets/e-tickets
- Trek Travel meeting and departing details
- Important contact information
- Guide contact info (sent one week before trip)
- Necessary medications
- Toiletries and personal items
- Personal identification
- Credit/debit cards
- Cash for incidentals and guide gratuities
- 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*)

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

Please check your trip itinerary to bring extra gear/clothing for any non-riding activities, such as hiking, sea kayaking, or surfing.

WHAT WE PROVIDE

- Trek Bike
- Helmet
- Saddle
- [Pedals](#)
 - Shimano SPD
 - Shimano SPD-SL
 - Flat
 - Caged
- [Garmin Edge 1030](#)
- Front and rear riding lights
- Water bottles (2)
- Small bike storage pack
- Spare parts (flat kit)
- Luggage tags
- Snacks/nutrition for each ride
- Sunscreen