

# PACKING LIST

## LUXURY 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, hat](#) or Buff
- Bike mirror (helmet or bar-mounted)

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](http://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
- Hand sanitizer
- Buffs, face masks, or cloth face coverings
- 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 & 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 Elegance\*

#### \*What is casual elegance?

On Luxury trips, women can bring skirts, dresses or dress pants and elegant or patterned tops. For men, khaki or dress pants and collared shirts or polo shirts are acceptable. Please do not wear casual jeans or athletic attire for off-the-bike activities.

*Jeans, sneakers, shorts, etc. are strongly discouraged as attire for evening Luxury meals.*

*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](#) (clip-in, flat, or 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