

PACKING LIST

MULTISPORT 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
- Chamois cream
- [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](https://www.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

Please consult your trip itinerary to determine all applicable non-riding activities on your multisport trip.

GENERAL

- Walking shoes
- Sun hat
- Swimsuit
- Camera (with charger/extra batteries)
- Comfortable clothing for the weather
- Sweater/Jacket for cool evenings
- Dinner attire: Casual

RAFTING & KAYAKING

- Shoes with a heel-strap that can get wet
- Quick-dry shirt and shorts/pants
- Sunglasses strap
- Sun hat, especially for kayaking
(the outfitter will provide helmets, PFDs, splash jacket, and wetsuit if needed)

ZIP LINING

- Shoes with a heel-strap or closed toe
- Pants or capri pants (shorts are not recommended for zip lining)
- Sunglasses strap

HORSEBACK RIDING

- Closed-toe shoes or boots (cowboy/riding boots)
- Pants, preferably jeans

HIKING

- Walking shoes or boots
- Small backpack
- Capacity for two liters of water (bottle, hydration backpack, or water reservoir)
- Optional: Trekking poles*

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