

Following are some tips and a suggested packing list for a one-week bike tour. Realize however that this is a general suggested list designed for all weather situations. Keep in mind, even if your luggage is transported from place to place or stays on the barge, you must still carry it to your first meeting place, lug it around airports, and train stations! **It pays to pack lightly!**

- 1) Ziploc bags or packing cubes are fantastic! Use them to separate clothing items, toiletries etc. This makes it easy to stay organized.
- 2) Don't count on using laundromats or laundry services at hotels or on the barge. There are hardly any laundromats in small villages in Europe and hotel services often take too long and are expensive. It is possible to wash out t-shirts or bike pants in your hotel or barge bathroom. After you ring them out, roll them in a dry towel and press the water out of them. Hang to dry! Therefore 1-2 pairs of bike pants and 4 or 5 T-shirts or bike shirts should be enough for a week of cycling during summer months.
- 3) Do **not** bring a rain poncho! These become "sails" in the wind. However, a rain proof, wind proof type of jacket is a must! Full rain pants are nice but optional. We suggest rain "chaps". The ones that we use are called "Rain Legs" and can be found online or occasionally in your local bike store.
- 4) **Spring cycling** can be unpredictable. In case of cold weather, it is not a bad idea bring warm gloves and socks. If you have an under helmet liner you may want to bring it to keep your ears warm. Better to have and not use than to miss these things and wish that you had brought them!
- 5) Layer! Even during the summer months or in a warm climate you may have some cool or wet days. We suggest a lightweight base layer that will wick moisture away from the skin. A cycling jersey is ideal and T-shirts are fine in the summer. The next layer should provide insulation for cool weather conditions. Finally you need a windproof and waterproof shell to protect you from the elements.
- 6) Bring baby powder, moleskins, or your own preferred type of provision in case you experience irritation or chafing during biking.
- 7) Sunglasses. Test the fit of your sunglasses with a helmet on a bike ride before you go! A sun visor on your helmet is also a nice addition.
- 8) Padded biking gloves can add to the comfort of your biking vacation.
- 9) Bring a gel seat cover if you are worried about your saddle, but generally our seats are pretty wide and comfortable.
- 10) 1-3 pairs of padded bike shorts is a good idea to keep your sit bones happy.
- 11) Bring an under-clothing pouch to carry money, credit cards and passports.
- 12) **Photocopy your passport.** If it's lost or stolen, you'll save time replacing it.

BIKING GEAR

- 1-3 pairs of biking shorts
- 4-5 T-shirts or biking jerseys
- 1 pair of long comfortable pants
- 1-2 long-sleeved shirts or jerseys
- Sweatshirt or fleece pullover
- Waterproof jacket (a must!)
- Shoes to cycle in
- Sunglasses (a must!)
- Helmet (at times provided)
- Water bottle (at times provided)
- Rain legs (optional)
- Cycling gloves (optional)

CLOTHES

- Regular shoes or sandals
- Socks
- Underwear
- Casual outfits for the evening
- Bathing suit (optional)

TOILETRY KIT

- Deodorant
- Toothpaste, toothbrush
- Comb, brush
- Shampoo/conditioner
- Shaver or razor

FIRST-AID KIT

- Sunscreen
- Band-Aids
- Aspirin or Ibuprofen
- Digestive aid
- Hand sanitizer
- Lip balm with sunscreen
- Butt butter (optional)
- Moleskin (optional)
- Insect repellent (optional)

MISCELLANEOUS

- Passport (and copy)
- Earplugs
- Cell phone and charger
- Reading glasses
- Reading material
- Headphones
- Electrical adapter for europlug
- Safety pouch for money
- Camera, charger, memory card
- Zip-lock plastic bags
- Printed final documents**
(Will be emailed about 40 days before departure)