

Packing Tips

- **Pack lightly!** – you will thank yourself as you lug your suitcase around the airport, on trains, busses, up staircases when your European hotel has no elevator.
- **Use ziploc bags or packing cubes** - These make it easy to stay organized.
- **Wash clothes in the bathroom sink** – While in most towns you can find a Laundromat, it is also convenient to wash out t-shirts or bike pants in your hotel or barge bathroom. Ring them out, the roll them in a dry towel and press the water out of them. Hang to dry! Washing a few items during your trip will help keep your luggage light.
- **Spring cycling** – this can be unpredictable. It is not a bad idea bring warm gloves, hat/helmet liner, and socks. Check the weather forecast.
- **Layer!** - Even during the summer months or in a warm climate you may have some cool or wet days. Bring a lightweight base layer that will wick away moisture. Next wear a layer of insulation for cool weather conditions. Finally you need a windproof and waterproof shell to protect you from the elements.
- **Bring accessories you love** – have a gel cover that you love to use? Like to have a clip-on rearview mirror? Bring them. If you are accustomed to riding with certain items, you will feel more confident and comfortable riding in a foreign place if you have them with you. Ask us before bringing pedals or bike seat.
- **Wear padded bike shorts** – This helps tremendously to keep your sit bones happy.
- **Take a photo of your passport** – email it to yourself. If lost, you'll save time replacing it.

Suggested Packing List

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 (sneakers are fine)
- Sunglasses (a must!)
- Water bottle (at times provided)
- Rain legs (optional)
- Helmet (**many times provided!**)
- 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, shaver or razor
- Shampoo/conditioner

FIRST-AID KIT

- Sunscreen
- Band-Aids
- Aspirin or Ibuprofen
- Digestive aid
- Lip balm with sunscreen
- Butt butter (optional)*

MISCELLANEOUS

- Passport (*expiry date should be six months past your return travel date*)
- Earplugs
- Reading glasses & reading material
- Headphones
- Europlug adapter
- Printed final documents**
(Emailed ~30 days before departure)