

Packing List: Clothing & Equipment

- 2 Pair riding shorts
- 1 Pair walking shorts
 - Arm and leg warmers
- 2 Riding jerseys or T-shirts
- 3 Sets of underwear
- 2 Pair cycling socks
 - Handkerchief or bandanna
- 1 Pair cycling shoes
- 1 Pair of nicer shoes and socks
- 1 Cycle helmet
- 1 Windbreaker
- 1 Swimsuit
- 1 Rain outfit, jacket and pants
- 1 Pair cycle gloves
- 1 Pair waterproof over gloves
- 1 Pair waterproof overshoes
 - Earplugs

For men

- 1 or 2 pair slacks and belt
- Sport shirts
- 1 Light jacket or sweater

For Women

- 1 or 2 skirts, capris or slacks
- Shirts
- 1 Light jacket or sweater

Valuables (keep in waterproof bags)

- Passport and photocopies
- Credit cards and ATM card
- Airline, train and bus tickets
- Camera
- Prescription medicine
- Extra reading glasses
- Toilet articles

For the Bicycle

- Cue sheet/map holder
- Bicycle light or flashlight with spare battery and bulb
- Bike bag
- 1 Tube repair kit, extra glue
- tire removal tool(s)
- 1 Spare tube and 1 spare tire if you have non-traditional type tires
- 1 Tire pump to fit your valves
- Small screwdrivers - blade & Phillips
- Allen wrenches to fit your needs
- 6 spokes to fit your rims (3 sizes ?)
- Extra brake and shifting cables
- Water bottles
- Shower caps
- Sunglasses
- Bungies
- Compass
- Several plastic bags (for food, etc.)
- * Wrenches; pedal; spoke; freewheel remover for your bike; locking system; small bottle of chain lubricant

Miscellaneous Items

- Small travel alarm (optional); nylon cord (6 ft +) for clothesline, maybe it was used to tie your bike box; small rag; plastic bag of waterless hand cleaner; soap for laundry; small first aid kit; sunglasses; sunscreen; lip aid; foreign dictionary/phrase book; pen & notepad; knife (folding, Swiss-army type); plastic fork & spoon for picnic lunches; bottle opener/corkscrew (may be in knife); needle and thread.

* Items may be shared with partner

The above is a guide only. In some locations spare parts for your bicycle may not be available.