

Two Week Cycling Tour – Sample Checklist

CYCLING WEAR	TOILETRIES	CLOTHING
Helmet	Meds - carry-on	Comfortable travel outfit with fleece jacket (included in items below)
Shoes	Items for face	Zip-off, convertible pants
Sunglasses	Items for teeth	2-3 shorts /pants (seasonal)
Gloves (>= 2 pr)	Items for eyes	Evening slacks or skirt (dress)
3 Jerseys	Items for hair	Two warm layers - jackets, fleeces, sweaters, vests
3 Shorts	Skin lotion(s)	2 long-sleeve shirts, tops
3 pairs of socks incl. 1 warm	Sunscreen*	4 other shirts, tops
3 undershirts	Chamois cream*	Socks
Outer vest	Deodorant	Underwear (bras >=5)
Arm warmers	Vitamins	Swimsuit
Leg warmers	Razor	Nightwear
2 Long, warm layers or jerseys (wool, poly-pro)	Lip balm	Casual shoes, sandals, tennis shoes (2 pair)
Water resistant jacket	Feminine hygiene	Handkerchiefs, tissues*
Balaclava, skull cap, head band	Comfort items:	Slippers (throw away; tile floors)
Long finger gloves	e.g. ear plugs,	Sun hat, warm hat (seasonal)
Booties, shoe covers	Eye shade, pillow	Wet weather gear

ASSORTED ITEMS	BIKE STUFF	GENERAL PREPARATION
Campsuds & laundry soap*	Bicycle OR Pedals, and saddle	Arrange family care
Laundry line	Frame pump	Arrange pet care
Orange hand cleaner*	Extra tire	Arrange airport transport (both ways)
List of emergency contacts family, neighbors, vet	Extra tubes, spokes	Confirm funds to cover ATM \$\$ and confirm bills paid
Wet Ones wipes	Extra cleats	Cash ~ € 200 (or the local currency), \$100 pp
Alarm clock (if not in phone)	2 water bottles	Bring your ATM card
Night light and/or flash light	Saddle bag, tools to repair flats	Mail hold at USPS.com
Camera & battery, charger	Map bag	Set thermostat
Phone with charger	Energy bars	Set timed lights
Electric plugs, converters	Energy drink, gel	Disconnect garage door opener
Plastic bags for sandwiches, snacks, money, ID, etc.	Pedal wrench	Shut water to DW, washer, toilets, etc.
First aid kit - antibiotic cream, digestive aids, moleskin, pain meds, anti-inflammatories etc.	Bike Tool kit - electrician tape, tape measure, extra cable, shims, batteries, chain lube, grease, brake pads, zip ties, computer instructions, small quantities of all the little things that would be hard to find like seat post bolts	
Fanny pack, passport wallet	Panniers ^	

* Expensive and/or hard to find outside of U.S.

^ For independent transfer days.

Two Week Cycling Tour – Sample Checklist

Optional Items for Any Tour

Swiss army knife, tiny cutting board

Corkscrew

Magnetic key holder for "shared" cars

Super-absorbent towel or sheet (bike assembly and various other uses)

Padding, cords, hook & loop (velcro) fastener straps, old bike tubes for packing and securing equipment in vehicles

Light-weight bicycle lock

Binoculars (bicycle races, wildlife)

Bicycle floor pump

Travel scale (digital or analog to check luggage weight with souvenirs included)

If you're going overseas consider Tylenol PM for 4-5 nights (some folks like sleep aids).

Peanut butter ... pricey and hard to find outside the U.S.

If using air transportation, DO NOT BRING CO2 CARTRIDGES....you'll need to purchase once at destination!

When you return, review and modify your list to prepare for your next tour.

If camping, pack your tent, rain fly, camp towels, camp kitchen gear, sleeping pad & bag!

* Expensive and/or hard to find outside of U.S.

^ For independent transfer days.