



# Packing List - Bicycle Tour

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## Hints for Packing

At ExperiencePlus!, we have traveled enough and loaded enough luggage to have some useful suggestions.

- **PACKING HINT #1: Limit your luggage to two medium-sized pieces.** The best combination of luggage is a medium-sized suitcase on wheels and a small or medium carry-on bag, such as a backpack or a small duffel bag. Place your ExperiencePlus! luggage tags on your luggage.
- **PACKING HINT #2: Adhere to the 3-1-1 carry-on packing guidelines** of the Transportation Security Administration (TSA) for liquids and gels. See <http://www.tsa.gov/> for the current restrictions, but be aware that different countries may have different requirements.
- **PACKING HINT #3: Eliminate and combine containers (bags inside bags).** Do you really need the toilet "kit," cosmetics "case," passport "case," camera "case," etc. or do you need the contents? Combine items in a plastic bag. Be sure to follow the TSA guidelines. Also, combine the contents of a camera case and purse or fanny pack to eliminate unnecessary items. Stuff an empty, lightweight nylon bag in your luggage for laundry or souvenirs.
- **PACKING HINT #4: Travel samples save space and weight.** Visit the "trial-size" section of your drugstore or supermarket to see if your favorite shampoo, conditioner, hand cream, toothpaste or deodorant is available in a smaller size. If not, transfer contents to small plastic bottles that can be purchased in the size you need. Or use toiletries provided by hotels, or purchase some at your destination.
- **PACKING HINT #5: Pack Light!** Keep in mind that you will be toting your luggage at different times during your vacation. Remember, you may have to go from the airport to the train or bus station, and will need to bring your bags down to the hotel lobby in the morning for our staff to load the van. Some hotels may not have elevators. We suggest you do a trial run and pack your bags ahead of time. Try carrying them around the block or up and down the stairs to test how comfortable you are toting them around.

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## What to Bring

1. **Passport** (required: check it now for expiration)
2. **Photocopy of passport** (we recommend you carry one copy with you, separate from your real passport, and that you leave a copy at home with friends or family)
3. **Photocopy of credit cards** (we recommend you carry one copy in a safe place with you, and leave a copy with friends or family at home)
4. **Insurance information** - health and travel information including policy numbers and phone numbers. (Remember a toll free number will not work from overseas so bring the "regular" phone numbers.)
5. **General Tips for Clothing & Shoes**  
Even though we've designed our tours to run during the dry seasons, weather is unpredictable. Rain is always a possibility and days and evenings can be cool. As such, lightweight, fast drying clothes are best, as are clothes you can layer. Bring cool weather gear for any spring or fall tour. While our tours do not have a dress code and we encourage you to be comfortable, some restaurants frown upon shorts and t-

shirts at dinner. Therefore, we suggest you bring casual pants and/or a skirt. No sport coats or ties are needed. Note that shorts and sleeveless tops are frowned upon in some churches, so come prepared.

### **City Clothes:**

- 1-2 pair casual pants and/or skirts
- 3-4 wash and wear (cotton/polyester) shirts
- 1-2 pair shorts or capris
- 1 light to medium weight long-sleeve top for layering
- 3 pair socks
- undergarments
- swimsuit (depends on the season). If your tour takes you along the coast and you'd like to stop and swim along the ride we suggest you bring a pack towel. They come in a variety of sizes are very packable, super absorbent, and quick to dry.
- hat (scrunchable)

### **Footwear:** (Do not bring new shoes, break them in now)

- Comfortable sandals or casual shoes
- If you bring only one all purpose shoe for bicycling and walking, then bring a pair of sandals or other shoes to give your feet a rest.

6. **Biking Gear**– Your bike will be equipped with: a men's saddle or women's saddle (we have a variety of styles to choose from), rear rack and pack (approx. 11" X 6" X 7" and expandable), pump, patch kit, spare tube, cable lock, toe cages (optional), cyclometer, a water bottle cage and a water bottle. *Be aware that if you bring your own bicycle we are happy to provide a rear rack pack but your bike must have a rear rack. Otherwise we suggest you bring a small daypack to carry miscellaneous items you will need throughout the day.*

### **Here are items you SHOULD bring:**

- Helmet – Helmets are required on tour. Please bring yours.
- Sunglasses – Bring some good-quality eye protection.
- Cycling gloves

### **Here are items you MAY want to bring:**

- Mirror – on helmet or on handlebars - *if detachable*
- Your own bike seat (only if you are particularly attached to it; don't bring the seat post).
- Small tool kit – optional, but useful
- Small rag for chain grease (ever wonder why cyclists wear black shorts?)

### **Cycling clothes & shoes - We recommend wearing bright colors that make you visible to traffic:**

- 2-3 pair *lycra* or other padded cycling shorts or knickers, or other cycling comfortable bottoms.
- 3 brightly colored lycra or performance type fabric (*CoolMax*, poly-pro or similar) t-shirts and/or cycling jerseys.
- 1 long-sleeved, performance type fabric (*CoolMax*, poly-pro or similar) shirt or t-shirt, or lightweight jersey for layering
- 3-4 pair cycling socks
- Water-resistant wind breaker
- You should also plan to bring some cooler weather gear for chilly mornings and rainy days: Cycling tights or leg-warmers, long-sleeved jersey or arm-warmers, water proof (*Gore-Tex* or similar) rain jacket and pants, head warmer (hat and/or headband), long-fingered gloves, and cycling booties and/or part-wool socks.
- Cycling shoes (bring your clipless shoes and pedals if you like), touring shoes, or thick-soled tennis shoes for biking

7. **Cosmetics, toiletries, medications, and sundry items:**

- Back-up pair of contact lenses or glasses (you never know!)

- Sunblock or sunscreen
  - Lip balm
  - Cycling anti-chafing cream for those prone to chafing
  - Liquid soap or baggie of *Woolite* for your clothes
  - Plastic bag for damp swimsuit or laundry
  - Laundry line to dry your laundry (any nylon rope will do)
  - Deodorant, toothpaste, brush, comb, etc.
  - Shaving materials
  - Insect repellent (bugs are generally not a problem but mosquitoes are sneaky)
  - Allergy medicine for pollen or bee stings
  - *Kaopectate* tablets or equivalent
  - Aspirin, *Tylenol*, or equivalent
  - Wash cloth (if you use one; hotels often provide only towels)
  - Ear plugs (optional)
8. **Reading/Writing/Listening Materials:**
- Small pocket guidebook (remember, our tour library has several)
  - Phrasebook/dictionary
  - Small notebook/diary/logbook
  - Address book/pen
  - iPods, e-readers etc. (optional) Note--items that use headphones are dangerous and illegal to ride with in some countries. Please don't use them while on your bike.
9. **Miscellaneous (optional):**
- Small calculator (for ease in figuring currency exchanges)
  - Travel alarm
  - Camera, storage cards and extra batteries
  - Utensils for picnicking (optional)
  - Small travel binoculars (optional)
  - 220-volt converter and outlet adapter kit or universal plug adapter (for electrical items such as hair dryer, travel iron, etc.).
  - Small reading light
  - Energy bars, gels, drink mixes or other favorite snacks
10. **What to leave home:**
- Anything valuable that cannot be replaced!
  - Evening gown, jacket and tie
11. **Frequent Packing Errors or General Travel Mistakes**
- Bringing new shoes that are not broken in
  - Bringing a new camera that hasn't been fully tested
  - Grabbing the wrong passport on your way out the door (make sure you've got yours!)
  - Bringing a "medium-sized" duffel bag large enough to hold a small person. We give special awards for body bags like these.