



PACKING LIST

SELF-GUIDED CYCLING TRIPS

CYCLING CLOTHING & GEAR

- [Helmet](#) (or use ours)
- [Saddle](#) (or use ours)
- [Clip-in pedals](#) (or use our provided pedals)
- [Shoes](#) (to clip in or for flat pedals)
- [Bike shorts](#)
- [Active socks](#)
- [Cycling jerseys](#)
- [Biking gloves](#)
- [Lightweight jacket](#)
- [Arm/Leg warmers](#)
- Sunglasses
- Chamois cream
- [Wind/Rain jacket](#)
- [Lightweight headband, hat](#) or buff
- Bike mirror (helmet or bar-mounted)
- Multitool
- Garmin
- Waterproof phone case
- Nutrition bars and hydration tablets
- Small backpack
- Basic first aid kit

We recommend being prepared for all weather conditions to be the most comfortable on the bike in any weather situation. This includes having layers, long-fingered gloves, tights/leg warmers, shoe/toe covers, arm warmers, rain gear, vest, wind jacket, and ear covers.

To shop for these items, visit [Trekbikes.com](https://www.trekbikes.com) or visit your nearest [Trek dealer](#).

TRAVEL ESSENTIALS

- Airline tickets/e-tickets
- Trek Travel meeting and departing details
- Important contact information
- Necessary medications
- Toiletries and personal items
- Hand sanitizer
- Buffs, face masks, or cloth face coverings
- Personal identification
- Credit/debit cards
- Cash for incidentals
- Travel insurance confirmation (if purchased)
- Cell phone and charger
- Passport (*international travel*)
- Photocopy of passport (*international travel*)
- Power adapters (*international travel*)

- Power converter (*international travel*)

LUGGAGE RECOMMENDATION

- 1 [suitcase](#)
- 1 [carry on](#) per person

OFF-THE-BIKE CLOTHING & GEAR

- Walking shoes
- Sun hat
- Swimsuit
- Camera (with charger/extra batteries)
- Comfortable clothing for the weather
- Sweater/Jacket for cool evenings
- Dinner attire: Casual (or Casual Elegance for luxury-level dining on Self-Guided trips in Europe)*

*What is casual elegance?

For women, this is anything you might wear to work or for a night out on the town. Skirts, dresses, dress pants and elegant or patterned tops are acceptable. For men, this is anything you might wear for an afternoon at the country club. Khaki pants, dress pants, collared shirts or polo shirts are acceptable. *Jeans, sneakers, shorts, etc. are strongly discouraged as attire for evening meals on our Luxury-level trips.*

WHAT WE PROVIDE

- [Trek Bike](#)
- Helmet (optional if you prefer to bring your own)
- Saddle
- Flat pedals only (we encourage you to bring your own clip-in pedals if you prefer)
- Front and rear riding lights
- Water bottle
- Pre-loaded Garmin GPS
- Small bike storage pack
- Flat kit
- Bike lock
- Frame pump
- Floor pump
- USB chargers
- E-bike charger
- Phone mount
- Torque Wrench