

# PACKING LIST

## SELF-GUIDED CAMP CYCLING TRIP



### CYCLING CLOTHING & GEAR

- [Helmet](#) (or use ours)
- [Saddle](#) (or use ours)
- [Clip-in pedals](#) (or use ours)
- Cycling Water Bottles (if you do not plan to take the Trek Travel-provided bottles home for future use)
- [Shoes](#) (or clip in or for flat pedals)
- [Bike shorts](#)
- [Active socks](#)
- [Cycling jerseys](#)
- [Biking gloves](#)
- [Lightweight jacket, arm/leg warmers](#)
- [Sunglasses](#)
- [Wind/rain jacket](#)
- [Lightweight headband, hat](#) or buff
- Bike mirror (helmet or bar-mounted)
- Multi-tool
- Travel coffee mug
- Garmin
- Waterproof phone case
- Nutrition bars and hydration tablets
- Small backpack
- Basic first aid kit

**LAUNDRY** - Although laundry services are available for a fee at many of the properties on our trips, we recommend confirming with your Trip Consultant on which amenities are available for your specific trip. It's a good idea to pack a small amount of soap or detergent to do a quick wash in your room during the trip.

### TRAVEL ESSENTIALS

- Luggage: 1 [suitcase](#), 1 [carry on](#)
- Airline tickets/e-tickets
- Trek Travel meeting and departing details
- Important contact information
- Necessary medications, toiletries and personal items
- Hand sanitizer
- Personal identification, credit/debit cards
- Cash for incidentals and guide gratuities
- Travel Protection confirmation (if purchased)
- Cell phone and charger
- Photocopy of passport (international travel)
- Power adapters (international travel)
- Power converter (international travel)
- Personal identification/passport

**PASSPORT REQUIREMENTS** - As a general rule, passports should have at least six months of validity when traveling internationally. This means that your passport's expiration date should be at least six months after your final day of travel. If you have any questions or concerns, please Talk with your Trip Consultant.

### OFF-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

**WHAT IS CASUAL ELEGANCE?** - On Reserve trips and select Signature trips, women can bring skirts, dresses or dress pants and tops. For men, khaki or dress pants and collared shirts or polo shirts are acceptable. Please do not wear shorts or athletic attire for social hours and dinners. For most Signature and Discover trips, and most of our avid-category trips, your dinner attire is casual. Please keep in mind that casual attire in Europe can be more formal than in the U.S. Please dress according to your destination, dining, and activities. Please check your trip itinerary to bring extra gear or clothing for any extra activities that are planned, such as sea kayaking or sailing.

### WHAT WE PROVIDE

- [Trek Bike](#)
- [Helmet](#)
- [Saddle](#)
- [Pedals](#)
- Front and rear riding lights
- Water bottles (or feel free to bring your own)
- Pre-loaded Garmin GPS
- Small bike storage pack
- Spare parts (flat kit)
- Bike lock
- Frame pump
- Floor pump
- USB chargers
- E-bike charger
- Phone mount
- Torque wrench

**PACKING TIPS** - 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](http://TrekBikes.com) or visit your nearest Trek dealer.