

# PACKING LIST

## PRO RACE CYCLING TRIP

[Shop for Trek essentials here](#)

### CYCLING CLOTHING & GEAR

- Helmet (or use ours)
- Saddle (or use ours)
- Pedals (or use ours)
- Water Bottles (or use ours)
- Cycling Shoes
- Bike shorts
- Active socks
- Cycling jerseys
- Biking gloves
- Lightweight jacket
- Arm/leg warmers
- Sunglasses
- Small bike storage pack
- Wind/rain jacket
- Lightweight headband, hat or buff
- Bike mirror (helmet or bar-mounted)

### TRAVEL ESSENTIALS

- Luggage recommendation: 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
- Travel coffee mug
- 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.

**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.

### OFF-BIKE CLOTHING & GEAR

- Walking shoes
- Sun hat
- Swimsuit
- Camera (with charger/extr batteries)
- Comfortable clothing for the weather
- Sweater/jacket for cool evenings
- Dinner attire: Casual elegance

**WHAT IS CASUAL ELEGANCE?** - 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. 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.

### WHAT WE PROVIDE

- Trek Bike
- Turn-by-turn navigation on a device of your choice\*
- Front and rear bike lights
- Water bottles (or bring your own)
- Luggage tags
- Flat tire kit
- Assortment of daily snacks
- Electrolyte drink supplement and energy gels
- Sunscreen

**\*NAVIGATION** - Use your own GPS device, your phone, or one of our cycling computers. Route files arrive a week before the trip for easy loading. Bring your own device to keep all your ride stats and training data seamlessly in one place.

**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](#) or visit your nearest Trek dealer.