

# PACKING LIST

## RIDE CAMP 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:
- 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.

### 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

**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.

### WHAT WE PROVIDE

- Trek Bike
- Turn-by-turn navigation on your preferred device\*
- Front and rear bike lights
- Water bottles (or bring your own)
- Flat tire kit
- Assortment of daily snacks
- Cycling nutrition\*\*
- Electrolyte drink supplement
- Sunscreen

**PACKING TIPS** - To be the most comfortable in any weather situation, we recommend coming prepared for all conditions. 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.

**\*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.

**\*\*NUTRITION** - To help you feel your best on the bike, we encourage you to bring the nutrition that you love using during your rides at home. This will help you fuel consistently before, during, and beyond your trip. We'll also have a variety of snacks, energy bars, and electrolyte tablets available each day.