

# PACKING LIST

## SELF-GUIDED CYCLING TRIP

Shop for Trek essentials [here](#)

### CYCLING CLOTHING & GEAR

- Helmet (or use ours)
- Saddle (or use ours)
- Pedals (or use ours)
- Personal GPS device or phone for navigation\*
- Waterproof case and phone mount (or use ours)
- Your preferred portable power bank for phone
- Water Bottles (or use ours)
- Shoes (or clip in or for flat pedals)
- Bike shorts
- Active socks
- Cycling jerseys
- Biking gloves
- Lightweight/wind/rain jacket, arm/leg warmers
- Sunglasses
- Small bike storage pack
- Lightweight headband, hat or buff
- Bike mirror (helmet or bar-mounted)
- Nutrition bars and hydration tablets
- Small backpack
- Basic first aid kit

### 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
- 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 SHOULD I PACK FOR CASUAL DINNERS?** - Please dress according to your destination, dining, and activities. Make sure to bring extra gear or clothing for any extra activities that you have planned. Please keep in mind that casual attire in Europe can be more formal than in the United States.

**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
- Portable power bank for phone
- Front and rear bike lights
- Water bottles (or bring your own)
- Universal waterproof phone mount
- Flat tire kit and frame pump
- Bike lock
- Floor pump
- E-bike charger
- Torque wrench

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

**PACKING TIPS** - As an added precaution against lost luggage, please pack everything you need for the first day's ride in your carry-on bag, including your cycling clothes and gear. 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.