

PACKING LIST

CLASSIC CYCLING TRIPS



CYCLING CLOTHING & GEAR

[Shop for Trek essentials here](#)

- Helmet (or use ours)
- Saddle (or use ours)
- Pedals ([or use ours](#))
- Water bottles (or use ours)
- Cycling shoes for corresponding pedals (we recommend recessed cleats for gravel trips)
- Cycling jerseys and shorts
- Lightweight wind/rain jacket
- Arm/leg warmers
- Biking gloves
- Sunglasses
- Lightweight headband, hat, or buff
- Handlebar bag or bike storage pack for extra space (optional)

TRAVEL ESSENTIALS

- Luggage recommendation: 1 suitcase, 1 carry on
- Airline or train tickets/e-tickets
- Personal identification/passport, including photocopy for international travel
- Trek Travel meeting and departing details
- Important contact information
- Necessary medications, toiletries and personal items
- Credit/debit cards
- Cash for incidentals and guide gratuities
- Travel Protection confirmation (if purchased)
- Cell phone and charger
- Power adapters (international travel)
- Power converter (international travel)

OFF-BIKE CLOTHING & GEAR

- Walking shoes
- Sun hat
- Swimsuit
- Camera (with charger/extra batteries)
- Sweater/jacket for cool evenings
- Dinner attire

WHAT WE PROVIDE

- ✓ Trek Bike
- ✓ Trek Travel Cycling Jersey or Tech Tee sent prior to trip (or opt out)
- ✓ GPS device for navigation*
- ✓ Saddle, helmet, and pedals (or bring your own)
- ✓ Front and rear bike lights
- ✓ Bike mirrors (limited quantity)
- ✓ Water bottles (or bring your own)
- ✓ Day bag (or bring your own)
- ✓ Flat tire kit
- ✓ Daily snacks, nutrition and electrolyte drink supplements
- ✓ Sunscreen

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.

Passport Requirements: Your passport should be valid for at least six months beyond your trip's end date. Additionally, please review your entry/travel requirements for your destination. We recommend checking your country's official government travel site for the latest information.

Layers, layers, layers! Be ready for any weather by packing layers and essentials like gloves, leg/arm warmers, shoe covers, rain gear, a vest, wind jacket, and ear covers.

Sustainable Travel: While we provide water bottles and a day bag for you to keep, we always recommend bringing your own to limit waste. Other mindful packing choices include a travel coffee mug, travel utensil set, and reusable grocery bag.

Laundry and hotel services: Most trip properties offer laundry service for a fee, but check with your Trip Consultant for trip-specific laundry services. Bringing a little soap or detergent is handy for quick washes in your room. Please note that air conditioning may not be available in European hotels.

"Casual" versus "Smart Casual:" Casual attire includes comfortable, everyday clothing like jeans, shorts, t-shirts, and sneakers. Smart Casual attire is considered a step up from casual - polished but not overly formal. It's suitable for upscale restaurants or luxury hotels. Always consider your destination, dining, and activities when packing.

***Navigation** - We provide a GPS device, or you can use your own or your phone. Route files arrive a week before the trip for easy loading. If you like to upload your rides to Strava or other apps, please bring your own GPS device and mount or use your preferred app to record the ride. Our GPS computers cannot connect to personal accounts or share activity data.

Nutrition - To feel your best on the bike, bring the ride nutrition you already use at home so you can fuel consistently before, during, and after each day. We'll also provide a variety of snacks, energy bars, and electrolyte tablets. Most North American trips offer Kate's Real Food bars and Nuun tablets, most European trips offer OTE bars and tablets, and other regions provide local options.