

# PACKING LIST

RIDE CAMP AND AVID 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 storage pack (Optional)
- Nutrition\*

## 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 and power converter (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

**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!** For intense cycling adventures, versatile gear is key. Pack adaptable layers—gloves, arm/leg warmers, shoe covers, rain gear, a vest, a wind jacket, and ear covers—so you can adjust to changing weather and stay comfortable from the first climb to the final descent.

**\*Nutrition** – Bring the ride fuel you already use at home to keep your energy steady. We'll also provide daily snacks, bars, gels, and electrolytes. North American trips typically stock Kate's Bars, GU Gels, and Nuun tablets; European trips offer OTE products; other regions provide local options. Your favorites + our selection = confident fueling.

**\*\*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.

**Laundry & Hotels** – Many trip properties offer paid laundry service; your Trip Consultant can provide more details for your specific trip. A small amount of detergent is useful for quick in-room washes. Note: air conditioning isn't always available in European hotels.

**Sustainable Travel** – While we provide a water bottle and a day bag for you to keep, we always recommend bringing your own to limit waste. Other smart additions: a travel mug, utensil set, and reusable grocery bag.