

PACKING LIST

SELF-GUIDED CYCLING TRIPS

CYCLING CLOTHING & GEAR

- Helmet (or use ours)
- Saddle (or use ours)
- Pedals ([or use ours](#))
- Personal GPS device and mount or phone for navigation*
- Waterproof case and phone mount (or use ours)
- Water bottles (or use ours)
- Cycling shoes for corresponding pedals
- 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)
- Small backpack (optional)
- Nutrition and electrolytes for rides
- Basic first aid kit
- Sunscreen/insect repellent

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)
- ✓ Saddle, helmet, and pedals (or bring your own)
- ✓ Portable power bank for phone
- ✓ Universal waterproof phone mount
- ✓ Front and rear bike lights
- ✓ Bike Mirrors (limited quantity)
- ✓ Water bottles (or bring your own)
- ✓ Day bag (or bring your own)
- ✓ Necessary charging cables for bikes and bike lights
- ✓ Flat tire kit and CO2
- ✓ E-bike charger

[Shop for Trek essentials here](#)

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 a water bottle 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** - Bring your own GPS device and mount or your phone for navigation. Our Self-Guided trips are not equipped with GPS devices. We do provide universal phone mounts for navigating using the Ride With GPS app on your phone. Route files arrive a week early for easy loading.