

EXAMPLE PACKING LIST

Please note that a tour-specific packing list will be sent to the riders registered for each tour.

WHAT TO BRING

In deciding what to bring, please have consideration for the other participants as the support vehicles have limited space.

Important Note for Sectional Riders

Please note that the items and quantities listed below are for full tour riders. Depending on the length of your section, you will likely need much less stuff, including spare parts for your bike, our office is always available to help you decide what to bring and what to leave at home.

Documentation and Identification

Many riders scan all their important documentation onto a computer and then e-mail it to themselves. This way they can retrieve a printout while en route in the event that the originals are lost. You should also bring photocopies of all the documents listed below. It is suggested that you keep your valuables and important documentation in a ziploc bag or other waterproof container. The documentation and identification that you should bring are as follows:

- Passport with any required visas. Passport must be valid for six months beyond the end of the tour and have at least 2 blank pages remaining.
- Record of vaccinations
- Medical & travel insurance policy and contact information.
- Contact information for next of kin

Bag

- Baggage limit: one duffel bag, up to 110L and 23kg
- Must have no hard sides
- Waterproof bags are recommended - [example bag](#)
- While 23kg and 110L is the maximum allowed, in our experience a bag of 90L weighing not more than 18kg is very much achievable with careful packing. It will mean less weight for you to carry.

Clothing

- 2 T-shirts
- 2 long sleeve shirts
- 2 pair of light pants
- 1 pair of shorts
- 1 fleece jacket
- 1 sun hat
- 1 pair of sandals
- 1 pair of lightweight shoes
- 1 bathing suit
- 1 light towel
- 1 rain jacket (can be used for cycling too)
- 1 pair of rain pants (can be used for cycling too)

Cycle Clothing

- 3-4 pairs of padded cycling shorts (a high quality chamois will be your greatest asset)

- 1 pair of cycling shoes (for your clipless pedals, need to be comfortable for walking also)
- 4 cycling jerseys or shirts, 1 long sleeved and 3 short sleeved
- 1 lightweight thermal long sleeve underlayer.
- 3 pairs of cycling socks
- 2 pairs of cycling gloves; 1 full-finger waterproof, 1 short
- 1 new and undamaged cycling helmet
- 1 pair of sunglasses
- Buff or similar face/neck covering
- Arm and leg warmers
- Reflective clothing (Hi visibility vest required)

First Aid

Please refer to the list that will be provided in the Medical bulletin

Other Suggestions

- Smartphone (with handlebar mount)
- External battery charger
- Tablet (with hard case such as Otterbox)
- 2 Reusable sandwich bags
- Compressible Daypack
- Outlet adapters for foreign plugs
- High quality earplugs

CYCLING GEAR

Accessories

- Cycling computer / GPS
- Bike Cable Lock
- LED front and rear light
- Helmet or bar end mirror
- Bell
- Water bottles (should be able to carry 2L capacity)

Spare Parts

If your bike has any exclusive components or hydraulics, you must bring the proprietary tools, fluids and parts to fix them. If your cassette, chain, pedals and/or bottom bracket are old, you should have them replaced prior to the tour. Before you purchase any bike parts make sure that they are compatible with your bike. Here is our suggested list of spare parts to bring:

- 3 tubes
- 1 patch kit
- 1 brake and 1 derailleur cable with the appropriate housing and ends
- 3 sets of brake pads (disc brakes are recommended for the tour)
- 2 spare spokes in each length (drive and non-drive side lengths)
- 1 set of tires
- 1 replaceable derailleur hanger
- If your bike uses thru-axles, consider bringing spares. If you lose one when removing your wheel, it can be very difficult to find replacements.

If you are using tubeless tires:

- You should still bring 2-3 spare tubes and a patch kit

- A few small bottles (2oz) of sealant
- Tire plug tool and plugs
- A spare tubeless valve
- A roll of tubeless rim tape in the correct width
- Bring a CO2 inflator, if CO2 cartridges are allowed on your flight. If not, purchase 1 or 2 in the start city of the tour.

Tools

Most of the tools needed for the tour can be found on a good multi-tool. Any larger bike tools will be supplied by our mechanic. All that you need to bring are cleaning products and the basic tools that you will want to carry with you while riding. Here's a short list:

- Multi-tool (with chain break)
- Mini-pump
- Tire levers
- Gear brush
- Chain lube
- Rag

Please note that you should not try and bring enough lube to last the whole trip. There are many places in larger cities that sell this and you can restock as you need it.

WHAT NOT TO BRING

Over the years, riders and crew have learned what is excessive. Here is a short list of some unnecessary equipment:

- **Bike cases and bags** – whether hard or soft, no bike cases are allowed on the tour. Your bike should be packed in a cardboard box for transport on the airplane. Your cardboard box will be disposed of before the start of your ride or given to other departing sectional riders. At the end of the tour all riders will be provided with a bike box for their journey home.
- **Excess spare parts** – There are bike stores in many towns we pass through. Don't bring excessive spares as they are generally heavy and bulky.