

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 use common sense and consideration for the other participants as the support vehicles have limited space.

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, including spare bike parts and cold weather gear if your section is likely to be only hotter weather, our office is always available to help you decide what to bring and what to leave at home.

Documentation and Identification

All your important documentation should be kept in an accessible, digital form. 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 all required visas. Passport must be valid for six months beyond the end of the tour and have 4-6 blank pages
- Travel medical insurance policy and contact information
- Record of vaccinations
- Contact information for next of kin

Bags

- Baggage limit: 2 duffel bags, up to 110L and 23kg each
- Waterproof bags are recommended - [example bag](#)
- While 23kg and 110L is the maximum allowed per bag, 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.

Camping Gear

- 2-person tent – something light, that packs up small.
- Sleeping bag – also light and compact, rated for 5 degrees Celsius
- Sleeping bag liner (preferably silk, can also be used on hot nights without the sleeping bag)
- Thermarest, or similar, sleeping pad. Also light and compact.
- Small (or inflatable) camp pillow. Thermarest also makes these.
- Headlamp (with extra rechargeable batteries)
- Small tarp or groundsheet
- 5m of rope and clothes pegs
- Repair kits for tent, poles and mattress

Clothing

- 3 t-shirts
- 2 light, long sleeve shirts
- 1 set of thermal underlayers (lightweight)
- 1 pair of long pants
- 2 pair of shorts
- 1 fleece sweater
- 1 sun hat
- 1 pair of sandals
- 1 pair of lightweight shoes
- 1 bathing suit
- 1 towel
- 1 rain jacket (also for cycling)
- 1 pair of rain pants (also for cycling)

Cycle Clothing

- 3-5 pairs of padded cycling shorts (a high quality chamois will be your greatest asset)
- 1 pair of cycling shoes (SPD's or a rigid walking shoe. You should be able to walk comfortably in your cycling shoes)
- 4 cycling jerseys or shirts, 1 long sleeved and 3 short sleeved
- 5 pairs of light cycling socks
- 1 pair of cycling gloves (open fingers)
- 1 pair of full-finger cycling gloves (warm and/or waterproof depending on the tour)
- 1 pair of waterproof cycling shoe covers
- 1 new and undamaged cycling helmet
- 1 pair of sunglasses
- 1 "buff" to wear while cycling in dusty or sandy areas
- 1 pair of cycling pants (optional)
- Arm and leg warmers
- Compact, lightweight windbreaker jacket

First Aid

Please see the list provided in the Medical bulletin for a list of first aid supplies to carry both on and off the bike

Other Suggestions

- Notebook, paper, and pens
- Smartphone w/ case (essential for navigation and communication on tour + handlebar mount)
- External battery charger (essential for charging electronics in camps)
- Tablet + hard case (such as [Otterbox](#), without a case they can break in your bag)
- Compressible Daypack
- 2 reusable sandwich bags
- Outlet adapter for foreign plugs
- High quality earplugs

CYCLING GEAR

Accessories

- Cycling computer / GPS
- Cable Lock
- Helmet mirror or handlebar mirror
- LED front and rear lights
- Hi visibility vest
- Bell
- 3L water capacity (bottles / hydration pack etc.)

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:

- 5 - 6 tubes
- 2 patch kits
- 1 brake and 1 derailleur cable with the appropriate housing and ends
- 3 sets of brake pads
- 2 spare spokes in each length needed for your bike
- 2 sets of tires (one non-folding will be stored separately on tour vehicles, one folding set can be stored in your rest day bag)
- 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.
- 1 chain
- 1 bottom bracket
- Spare set of cleats with bolts (if using clip-in pedals)

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 not allowed on your flight, purchase in the start city of the tour.

If you have an electronic drivetrain:

- For Shimano Di2: charging cable, and portable power bank for when you don't have access to an electrical outlet. For SRAM AXS, make sure you have the charger, and bring a spare battery.

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
- Mini-pump
- Tire levers
- Gear brush
- Chain lube
- Rag

Please note that you should not try and bring enough lube and degreaser to last the whole trip. There are many places in larger cities that sell both of these items and you can restock as you need it. It will just add extra unnecessary weight to your bag.

WHAT NOT TO BRING

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

- **Plate, cup, bowl, cutlery** – On all of our tours where there are camp meals, we will provide the needed dishes and you will be responsible to wash them after each meal.
- **Laptops** – A Tablet is much easier to carry and more durable than a laptop.
- **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** – Many people overcompensate for the lack of spares available en route. Try not to bring excess spares as they are generally heavy and bulky. Chain, cassettes, chain rings, and other spares add up to a lot of weight. Choose wisely when deciding what to bring, and be sure your bike, and all its components are in excellent condition when joining the tour.