

Packing List for 6-8 Day Bicycle Tours

These items are suggested to make your ride as safe, comfortable and fun as possible. We've listed the essentials, but you might have your own additions.

On the Bike:

- 2-3 pairs of cycling shorts with chamois lining
- Chamois cream
- 2-3 brightly colored bicycle jerseys (one will be provided by us)
- Cycling gloves
- Cycling shoes and pedals (if you use them)
- Sunglasses
- Waterproof wind breaker or rain jacket
- Light weight jacket or vest
- Bicycle helmet
- Day pack/hip pack
- Arm and leg warmers
- Saddle (optional)

For Alpine Tours:

Pack warmer clothing (layers), waterproof gear, warm gloves and hat

Off the Bike:

- 2-3 interchangeable evening outfits – our style is very casual and comfortable; jacket and tie not necessary
 - We occasionally have a more formal evening, feel free to bring something for that occasion
- 1-2 lightweight sweaters
- 1-2 pairs of shorts or slacks
- Intimate clothing/sleepwear
- Comfortable walking shoes for evenings in town

Personal Supplies:

- Passport and photocopies of your passport
- Wallet
- Airline ticket/e-ticket information
- Camera and camera charger
- Cell phone
- Electrical adapter and adapter plug

- Toiletries
- Prescriptions or other medications
- Bathing suit and sunscreen
- Cash for guide gratuity and meals on own
- Cash for wine kitty (optional)