



TrekByBike.com - Road Ride Packing List

BICYCLE GEAR

- Two water bottles
- Rear pannier carrier and bags
- Rear pannier top-bag (bag that goes on top of your rear pannier rack)
- Front light with spare batteries and bulb
- Flashing rear safety light with spare batteries
- Handlebar plug-style rear flashing lights for road bikes (optional but very convenient and unobtrusive – remember, the more visible you are on the road the better)
- Security lock and keys if applicable (two locks if you are on a tandem)
- Pump (optional Air Cartridges and dispenser assembly)
- Compass (handle-bar mounted)
- Bicycle bell/horn
- Bicycle fenders that fit the wheels snugly and can be easily removed if necessary
- Bicycle computer(s)

TOOLS and SPARES

- Compact screwdrivers to fit bike
- Allen wrenches to fit bike parts
- Chain tool
- Tire irons/levers
- Spoke wrench
- Spare tube
- Tube patch kit
- Disposable vinyl/latex gloves (few pairs)
- Plastic zip-ties (various sizes)

FIRST AID

- Antibiotics and antiseptics
- Pain relievers/anti-inflammatory
- Sterile band-aid/strips
- Pencil/pen and paper
- Emergency Phone Numbers

CYCLING CLOTHING AND PROTECTIVE WEAR

- Bike helmet
- Rear-view mirror (helmet-, glasses-, or handlebar-mounted)
- Sunglasses (designed for cycling)
- Headband/sweatband
- Warm headband/sweatband
- Cycling gloves
- Rain gear (jacket and pants – best if from breathable material such as Gortex)
- Windbreaker cycling jacket
- Cycling shoes booties (neoprene is best) for wet riding conditions
- Plastic shower cap (put over your helmet when riding in rain)

PERSONAL ITEMS

- Hair brush
- Personal medications/prescriptions
- Feminine hygiene
- Lip balm and sunscreen (SPF 30+)
- Body sunscreen cream (SPF 30+)
- Driver's license
- Credit card
- ATM card
- Money
- Cell phone



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MISCELLANEOUS:

- Multi-tool knife
- Small tube of bicycle grease cleaner (can substitute with packets of alcohol-based towelettes)
- Insect repellent
- High energy snacks
- Digital camera and spare batteries or regular 35mm camera
- Extra memory cards (for digital camera) or film
- Water bottle-like container: Nowadays you can purchase water bottle-like container that fits into your bicycle's water bottle cage. The container is lined with foam on the inside to muffle any annoying rattling sound and it can fit small personal items such as cell-phone, keys, etc.