



## TrekByBike.com - Tour Packing List

### BICYCLE GEAR

- Bicycle (either road, recumbent, tandem, or mountain bike depending on whether tour is on pavement or dirt roads)
- Two or more water bottles and water bottle cages
- Rear pannier carrier and bags
- Front pannier carrier and bags
- Handlebar bag (nice to have for items you want to conveniently access)
- 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)
- Extra straps or bungee cords to secure gear
- Good tires (on bicycle) appropriate for the type of surface you will be riding on
- Compass (handle-bar mounted)
- Bicycle bell/horn
- Bicycle fenders that fit the wheels snugly and can be easily removed if necessary – fenders are strongly recommended if you travel to places with high probability of precipitation
- Bicycle computer(s)
- Bicycle computer spare batteries
- Bicycle map carrier

### TOOLS and SPARES

- Compact screwdrivers to fit bike
- Allen wrenches to fit bike parts
- Chain tool
- Cable cutters
- Tire irons/levers
- Spoke wrench
- Pedal wrench
- Freewheel or cassette tool (be sure it fits your freewheel/cassette)
- Six-inch crescent wrench
- Spare tire appropriate for the type of surface you will be riding on (foldable for ease of transport)
- Spare tubes of the appropriate size to match your tires (2 or more)
- Tube patch kit
- Extra brake and derailleur cable
- Extra brake pads (2)
- Extra spokes (2-4) matching the rim size (some time there are different sizes for front and rear rim)
- Extra spoke nipples that fit the spokes (4-6)
- Extra chain
- Extra seat post bolt if applicable
- Chain lube
- Small tube of bike grease
- Small selection of spare nuts and bolts to fit bike parts
- Small tube of bicycle grease cleaner (can substitute with packets of alcohol-based towelettes)
- Disposable vinyl/latex gloves (few pairs)
- Small piece of clean cloth
- Plastic zip-ties (various sizes)
- Few Ziploc-like plastic bags
- Talcum powder for flat tires (dust the tube before installing it)

### If you are riding a tandem with S&S couplings:

- Extra brake/derailleur cable coupler
- S&S couplers wrench



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### FIRST AID

- Antibiotics and antiseptics
- Pain relievers/anti-inflammatory
- Anti-allergy
- Tincture of Benzoin
- Sterile gauze pads
- Roller gauze
- Nonadherent dressing
- One-inch adhesive tape
- Sterile band-aid/strips
- Wrap
- Tweezers
- Bandage scissors
- Irrigation syringe
- Low-reading thermometer
- SAM splint
- Space Blanket - optional
- Talcum powder (for saddle sores)
- Pencil/pen and paper
- Emergency Phone Numbers
- Anti-chaffing cream
- Spare eye-lenses if applicable

### CYCLING CLOTHING AND PROTECTIVE WEAR

- Bike helmet (required in some countries)
- Rear-View mirror (helmet-, glasses-, or handlebar-mounted)
- Sunglasses (designed for cycling)
- Headband/sweatband
- Warm headband/sweatband (for cool and windy days)
- Long underwear (lightweight tops and bottoms, synthetic is best or wool/synthetic/cotton blend)
- Cycling shorts (minimum two pairs)
- Cycling Jersey (minimum two)
- Warm cycling jacket
- Long cycling pants
- Cycling gloves (two pairs – one warmer)
- One pair of full-finger water-resistant cycling gloves
- Rain gear (jacket and pants – best if from breathable material such as Gortex)
- Windbreaker cycling jacket
- Lycra arm-warmers and leg-warmers
- Cycling socks (several pairs based on length of the trip)
- Cycling shoes
- Cycling shoes booties (neoprene is best) for wet rides
- Plastic shower cap (put over your helmet when riding in rain)

### PERSONAL ITEMS

- Soap and shampoo
- Toothbrush and toothpaste
- Dental Floss
- Small bottle of mouthwash
- Plastic cup - optional
- Hair brush
- Personal medications/prescriptions
- Feminine hygiene



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### PERSONAL ITEMS (continued)

- Shaving cream and blades
- Shaver (electrical/battery powered) - optional
- Lip balm and sunscreen (SPF 30+)
- Body sunscreen cream (SPF 30+ )
- Compact mirror
- Driver's license
- Personal documents
- Passport if applicable
- Airline/Train/Bus/Ferry Tickets if applicable
- Credit card(s)
- ATM card
- Cash
- Address book
- Cell phone if applicable
- Personal clothing as appropriate for the trip (made of light fabric and practical)
- Comfortable walking shoes as appropriate for the trip

### CAMPING GEAR

- Compact tent with rainfly
- Sleeping bag and pad
- Backpacking stove and fuel (butane is typically the most compact and easiest to use)
- Cooking pot
- Cup, plate and eating utensils
- Can opener

### MISCELLANEOUS:

- Multi-tool knife
- Waterproofed maps
- Mini flashlight and spare batteries
- Waterproof matches
- Insect repellent
- Daypack for side trips off the bike
- Hat
- Nylon cord
- Sewing kit
- Bandana
- Toilet paper
- High energy snacks
- Digital camera and spare batteries or regular 35mm camera
- Extra memory cards (for digital camera) or film
- GPS Handheld Unit (or bicycle mounted) – optional
- Power converter (if traveling to other countries)
- 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.