

CHECKLIST FOR BICYCLE TOURING

Note: Be sure to put each duffle bag on a scale to make certain it weighs no more than 40 lbs.

<p><u>For Riding</u></p> <ul style="list-style-type: none"> • Your favorite bike • Bike helmet (required) • Sunglasses • Sunscreen • Rear view mirror • Cycling jerseys • Cycling gloves (<i>include full-finger gloves for cold mornings</i>) • Cycling shorts • Cycling tights • Socks • Windbreaker • Arm warmers • Water bottles or CB • Cable and lock • Camera • Handlebar Bag • Kleenex Pocket Pack • Chap Stick • Chamois Cream • Your wallet with ID, cash and credit cards • Cell phone and charger • Power Bank 	<p><u>Repair Items</u></p> <ul style="list-style-type: none"> • Spare Tubes • Spare foldable tire • Spare spokes • Spoke wrench • Spare derailleur cable • Chain lube • Tube patch kit • Tire irons • Tire booting material • Tire pressure gauge • Frame pump <p><u>Camping Gear</u></p> <ul style="list-style-type: none"> • Tent • Spare tent stakes • Ground cover • Mattress • Flashlight • Sleeping bag • Pillow • Clothesline cord • Clothespins • Tape for bike box • Plastic bags • Small packable in your luggage camp chair 	<p><u>Non-Riding Clothing</u></p> <ul style="list-style-type: none"> • Walking shoes • Pants and shorts • Shirts • Underwear (reg & long) • Swimsuit • Socks • Warm sweater or jacket • Warm Cap • Laundry soap • Rubber Sandals <p><u>Personal Items</u></p> <ul style="list-style-type: none"> • Soap • Towel • Shampoo • Quarters for Shower • Toothbrush • Toothpaste • Dental Floss • Comb or brush • Razor • 1st aid kit • Ibuprofen • Insect repellent • Ear Plugs • A good attitude!
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Double check to make sure that you've packed your:

Saddle

Gloves

Pedals

Helmet

Front wheel

Cycling shoes

Don't laugh, it happens and can ruin an otherwise great tour!

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