

## CYCLING CLOTHING AND GEAR

Helmet
Base layers
Bike nicks
Cycling jerseys
Socks
Cycling or cross purpose shoes
Lightweight Jacket
Sunglasses
Wind/Rain Jacket (pocket size)
Lightweight headband or hat
Lights

We also recommend being prepared for all weather conditions to be the most comfortable on the bike in any weather situation. This includes having layers, long-fingered gloves, tights/leg warmers, shoe/toe covers, arm warmers, rain gear, vest, wind jacket, and ear covers.

## OFF THE BIKE CLOTHING AND GEAR

•	Dinner attire - casual	
•	Walking shoes or sandals	
•	Hat	
•	Swimsuit	
•	Camera and charger	
•	Rain gear	
	Sweater/jacket for cool evenings	

## TRAVEL ESSENTIALS

	Airline tickets/e-tickets	
	Travel meeting and departing details	
•	Important contact information	
•	Necessary medications	
•	Toiletries and personal items	
•	Personal identification	
•	Credit/debit cards	
•	Cash for incidentals and guide gratuities	
•	Travel insurance confirmation	
•	Cell phone and charger	
•	Passport	
•	Photocopy of passport	
•	Power adapters	
	Power converter	