



Bike Tour Packing List

Aka How to Not Forget Your Shoes

by Beppe Salerno

Hello Friend!

First of all, THANK YOU for getting this guide.

Whether you already booked a flight or are planning for next year's vacation, I'm sure this guide will help you tremendously. You'll learn how to plan your holiday adventure packing, be comfortable during your rides and how experienced travelers manage their stuff with ease.

You see, most of us would like to have comfortable and secure active holiday trips. But the problem is we end up stacking 5 to 6 pairs of jeans or shirts. We stock up on food that will sit inside our bags untouched until we get home. Heck, some even choose to bring their favorite pillow so they feel warm and fuzzy.

Imagine this: Let's say I ask you to walk around your house carrying a stack of encyclopedias for 30 minutes. How would you feel? I bet you'll be tired, grumpy and even mad at me!

And hey, I don't blame you. But do you know most travelers do the same thing when they carry 50 lbs. of bike gear and expect to be comfortable at the same time?

I know it's crazy... but it's true. Here's my point: when packing for biking trips, always choose comfort and function over style and luxury.

Lighten your load. Pare down to the bare necessities. You can always get-by ... guaranteed!

I hope you learn a lot from this guide. It's a pleasure to teach you the basics of packing for a bike trip.

See you on your adventure!

Sincerely,

Beppe

Packing Suggestions for Biking Trips

I've divided this guide into 6 sections:

- Clothing
- Personal supplies
- Optional personal items
- Our packing suggestions for biking trips
- Optional biking items to bring

These 6 items are designed to make your trip safe, comfortable and fun.

We have tried to think of everything, but you might have your own additions. Please read carefully, we can't be responsible for providing any items on this list. See end of this section for additional items used for specific trips.

And before we continue, let me give you some quick tips about bike packing.

Think how you can make yourself comfortable during travel.

Instead of bringing a big SLR camera, you can exchange it for a compact digital camera. It's less bulky and can still get the job done.

Or, instead of stocking up on food, why not just bring the bare necessities and give yourself a valid reason to visit local bakeries or try local delicacies.

Allow yourself some breathing room when packing clothes. Think about what you would actually wear against what you think you want to wear. That makes the difference between a 20-pound luggage and a 50-pound baggage. Some people think that they should bring on-the-bike clothes and off-the-bike clothes. I would

suggest to carry several items that can serve you well on both occasions.

And please, spare some room for souvenirs and specialty items. Not only you'll help local businesses, you'll be able to bring memories of your adventures back home. Often riders pay a visit to local bike shops, and you know how that goes...

Our list is very extensive, use discretion and heed the wisdom from our previous guests: do not over pack!

Clothing:

- ❑ 2-4 evening outfits – our style is very casual and comfortable; jacket & tie not necessary, but feel free to bring something dressy if you'd like
- ❑ 1-2 lightweight sweaters
- ❑ 2-3 pairs of shorts
- ❑ 3-5 pairs of socks
- ❑ Sun hat, sunglasses
- ❑ Intimate clothing / sleepwear
- ❑ Windbreaker or light jacket
- ❑ Comfortable shoes for evenings in town

Personal Items

- ❑ Passport and photocopies of your passport (keep separate)
- ❑ Cash/credit card/ identification card
- ❑ Airline tickets
- ❑ Native language phrase book or dictionary
- ❑ Digital camera and extra memory card to store pictures and videos
- ❑ Smartphone with charger and power bank/portable charger
- ❑ Reading material / Journal
- ❑ Electrical adapter and adapter plug for hair dryers, shavers and travel irons (plugs have prongs that are round, not flat)
- ❑ Toiletries

- ❑ Prescriptions or other medications such as aspirin, etc (with your name on them)
- ❑ Sunscreen/lip balm/insect repellent/hand sanitizer
- ❑ Band-Aids, salve for chafing and 2nd skin blister pads
- ❑ Glasses wearers: Extra pair of glasses and/or prescription and/or disposable contacts
- ❑ Ear Plugs
- ❑ Tissues
- ❑ Travel Iron / Steamer
- ❑ Bathing suit, towel and other beach items for trips with lots of swimming
- ❑ Laundry Soap / Clothespins / String. The easiest way to clean your clothes on tour
- ❑ Plastic Ziploc bags - very useful in storing wet clothing that has not yet dried
- ❑ Day Pack – something to put a few small items in, that is easily accessible in the van on riding days

Optional Personal Items

- ❑ Extra duffle bag (shopping abroad is very tempting)
- ❑ Photos of the family, your house, etc. If you can't hold a conversation with the locals, the next best thing is to relate with them on a personal level they love
- ❑ Sunscreen and hat ... the sun can be very hot from May through September
- ❑ Sketchbook / Notebook / Pens / Pencils / Paintbrushes

Cycling Items

- ❑ 2-4 pairs of cycling shorts with chamois lining. One pair is definitely not enough
- ❑ 2-5 bicycling jerseys. Please choose bicycling jerseys with bright colors, like our official Tourissimo Jersey, for visibility by cars and your tour guides

Cycling jerseys are also great because of pockets in the back and they also dry fast when hand-washed. They are made to absorb and then whisk away perspiration. While it's fun wearing your favorite T-shirt, cotton retains perspiration, becomes instantly soggy when wet and also takes forever to dry. Wearing a white or dark-colored T-shirt leaves you almost invisible to drivers. VERY UNSAFE!

- ❑ 3-5 pairs of athletic or cycling socks
- ❑ Sunglasses and spare prescription sunglasses if you wear them.
- ❑ Cycling gloves
- ❑ Cycling shoes. Try for a hard-soled, comfortable shoe that is stiff for riding yet comfortable for walking (you do not need to spend a lot of money). If you are using a clipless pedal system, make sure that your pedals and shoes are compatible and that you have tried out both for at least 50 miles
- ❑ Walking shoes. If your cycling shoes are difficult to walk in, bring an extra pair of slipper type shoes or sandals that you can change into on rest stops
- ❑ Rain gear, waterproof wind breaker, rain jacket, rain booties, extra shoes (you never know!)
- ❑ Bicycle helmet. Please adjust your helmet properly before you go (snug to the head). Have a bike shop help you adjust it before you buy it. Purchasing a helmet abroad can be more expensive

- ❑ Day pack / Hip pack
- ❑ Sweatband or handkerchief
- ❑ An inexpensive water bottle (if you travel with Tourissimo we will provide those and they are yours to keep). The number you have to carry depends on how long you'll be away from a potable water source. In my opinion, a bottle per hour is a good rate

Items Our Bikes Include

- ❑ One large water bottle; there are two water bottle cages on some of our bigger bikes
- ❑ Map holder on handlebars (optional)
- ❑ Front handlebar bag (optional)
- ❑ Spare tube & tire irons
- ❑ Hand pump
- ❑ Odometer and/or GPS device
- ❑ Combination lock

Optional Cycling Items

Items we do not provide that you may consider bringing.

- ❑ Roadside toolkit: Our van's main tool kit has all the necessary tools, and each tour leader carries tools, however, it doesn't hurt to have the basics with you (if you know how to use them). If you have any bike gadgets that require specialized tools, please bring them

Suggested: metric Allen wrenches (for stem, derailleur and seat bolt); adjustable wrench; spoke wrench; tire irons; extra tubes if you are bringing your own bike

- ❑ Special Saddles: we do not have anatomical saddles. You might opt to bring your own seat or a gel seat cover that slips over your seat to “soften” the ride (but it makes your pedaling less efficient)

Remember: if you haven’t been spending much time in the saddle (3 hours per week) then you’ll most likely suffer a sore butt! The best prevention for a sore butt is to FIRM UP with cycling, firming exercises and weights. Do as much as you can before the trip

- ❑ Pedals: Clipless pedal fans might consider bringing their own pedals and shoes (when taking them off your bike remember that the Left one comes off clockwise)
- ❑ GPS device complete with handlebar mount and cables
- ❑ Mirrors: It’s important to get used to turning, making eye contact with drivers and looking at traffic rather than depending on a tiny mirror to give you the complete picture. Also try to train your peripheral vision. It’s up to you: if you do use a mirror, remember not to substitute the mirror for turning around and getting the whole picture
- ❑ Power bars / GU / Energy drink powder: The destinations we travel to have wonderful food. But it’s difficult to find American conveniences. If you are used to these type of items, one per day of the trip is enough. If you do not usually use these items, there are plenty of other snacks available. And it’s not worth taking up the space in your luggage

Are You Ready?

Up in the Himalayas live a group of people called “Sherpas”. They are highly skilled mountaineers and regarded as experts in their local area.

Mountaineers from all over the world ask their guidance and support before trekking the Himalayas.

Iconic Sherpas like Tenzing Norgay and Nawang Gombu conquered Mt. Everest with their wits, skills and nerves of steel. Those who scaled Mt. Everest will always remember these legendary Sherpas for their enduring qualities as expert mountaineers.

Over time, the term “Sherpa” became a slang for a guide or a mentor. In my own little way, I hope I served you well and became a Sherpa to you.

This guide should help you realize why it’s easy to plan for a vacation and there’s no excuse to treat yourself to a well-deserved holiday.

We all dream about spending a week away from horrendous traffic and horrible bosses.

There’s nothing more rewarding than spending time with yourself, your friends and of course your family in places you love. Think of them as emotional investments that will keep you going and rejuvenated.

And if you’re ready to take it a step further, I invite you to [download my other guide](#) for active holiday adventure where I teach you how to prepare for your trip.

Sincerely,

Beppe

Thanks!

Thank you for reading "Bike Tour Packing List."

Enjoy your tour!

Newly Updated:

The Ultimate Active Travel Guidebook



37 Tips to Prepare
You For Your Dream
Vacation Even With
Zero Knowledge

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