



## **Suggested Equipment List**

Modify the following list depending on your personal needs and past experiences. Keep in mind that you will only be allowed to bring one carry on sized bag. Also be prepared for extreme temperatures. Each ride may have days that are hot/freezing/wet/dry so please ensure that you have cycling clothing for all conditions.

### **Cycling Clothes**

- Cycling helmet (proper size and fit)
- Cycling jersey (25000spins will provide 1 trip jersey which you can wash and wear each day). Feel free to bring extra jerseys or synthetic t-shirts
- Cycling shorts - padded (1 to 2 pair)
- Cycling/synthetic underwear [Boxer/Briefs + Sports Bras] 2-3)
- Cycle shoes — if you have clip in pedals
- Cycling gloves +optional fleece gloves for cold mornings
- Socks — wool or synthetic (2 or 3 pair)
- Arm and leg warmers (optional)
- Light, long-sleeved shirt for layering and sun protection
- Rain gear, jacket and/or Wind jacket
- Fleece jacket or warm vest/jacket
- Sunglasses

### **Off-the-bike Clothing**

- Comfortable outfits for the evenings (warm and cool weather options)
- Underwear (x3)
- Shoes/socks & thongs for the shower
- Warm jacket
- Swimwear

### **Bike Parts**

- Tire levers
- Spare tube (x2)
- Bicycle light (front and rear)
- Water bottles+cages and/or Hydration Pack (ie Camelbak)
- LCD Cycle Computer (w/ new or extra battery) (optional)
- Lightweight lock and cable (optional – not a U-lock)

### **Toiletries**

- Towel (lightweight to enhance quick drying)
- Washcloth

- Soap / Shampoo
- Deodorant (travel size)
- Toothbrush/Toothpaste/Floss
- Tissues
- Hand Sanitizer
- Sunscreen (SPF 30+; sweatproof; spray is more convenient)
- Insect Repellent (25% DEET or alternative)
- Lip Balm (i.e. Chapstick / Blistex)
- Skin Cream - good for wind/sunburn
- Nail Clippers/File
- Tweezers
- Hair Brush / Comb
- Hair Ties (for long hair)
- Disposable Razor (+ shaving cream)—or substitute
- Woman's Hygiene Products
- Ear Plugs (for sound sleeping hostels.)
- Prescription Medication
- Multi-Vitamins
- Contact Lenses (+ lens case; lens solution)/Eyeglasses (+ case)

#### **Personal First Aid/Other Toiletries (optional)**

- Band-Aids (assorted sizes & shapes)
- Anti-Chafing Balm (i.e. Vaseline —for saddle sores)
- Muscle Relief Cream (i.e. Icy-Hot, Sports Cream )
- Anti-Diarrhoeal Tabs (i.e. Imodium)
- Pain relief

#### **Miscellaneous (optional)**

- Bandannas (many uses!)
- Drivers License (or other official photo ID)
- Emergency Contact Info (on biz card / journal / wrist band)
- Health +/- Travel Insurance Card
- Cell Phone + Charger
- Digital Camera; Memory Cards; Charger; Case (+ accessories)
- Snacks for the ride (cereal bars, nuts, chocolate or energy gels/bars)
- Sports / Energy Drink Mixes (i.e. Gatorade powder)
- ATM / Debit Card /Credit Card/Cash
- Watch (+ alarm)
- Ziplock bags for snacks/waterproof option for your phone
- Sign up for Strava and log your ride