

# Suggested Packing Check-List

Here is a list of cycling related items you should consider packing for your trip. This list is just a guide and does not include non-cycling clothing or other items you may need, so pack based on your preferences and plan accordingly.

## **Legal Travel & Camp Related Items**

- |   |   |
|---|---|
| <input type="checkbox"/> Driver License   | <input type="checkbox"/> Medical Insurance Card or Certificate              |
| <input type="checkbox"/> Cash   | <input type="checkbox"/> Credit Card  |
| <input type="checkbox"/> Cell Phone   | <input type="checkbox"/> Lap-Top, Tablet or other personal computing device |
| <input type="checkbox"/> Current USA Cycling, "Race License" or "Authorization to Ride Receipt" |   |

## **Bike Related Items**

- |   |
|---|
| <input type="checkbox"/> Clean bicycle, tuned, ready to ride and equipped with 39x25/27 gearing     |
| <input type="checkbox"/> Saddle pack with at least one tube, mini patch kit & tire levers           |
| <input type="checkbox"/> Heart Rate Monitor and/or Power Meter (Power Tap or SRM or other)          |
| <input type="checkbox"/> Cycling shoes & pedals (consider these in your luggage, not your bike box) |

## **Cycling Clothing Items**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Bicycle Helmet (consider this item for carry-on) |   |   |
| <input type="checkbox"/> Cycling shorts, minimum 2 pair                   |   |   |
| <input type="checkbox"/> Short sleeve cycling jerseys, minimum 2          |   |   |
| <input type="checkbox"/> Long sleeve cycling jerseys                      |   |   |
| <input type="checkbox"/> Lightweight base layer, minimum 2                |   |   |
| <input type="checkbox"/> Wind Vest  | <input type="checkbox"/> Lightweight jacket                 | <input type="checkbox"/> Lightweight tights |
| <input type="checkbox"/> Rain jacket or clear rain-cape                   | <input type="checkbox"/> Cycling Cap or Skull Cap           |   |
| <input type="checkbox"/> Arm warmers                                      | <input type="checkbox"/> Leg warmers                        |   |
| <input type="checkbox"/> Short finger cycling gloves, 2 pair              | <input type="checkbox"/> Long finger cycling gloves         |   |
| <input type="checkbox"/> Cycling socks, minimum 5 pair                    | <input type="checkbox"/> Lightweight shoe covers or booties |   |

## **Cycling Cold or Winter Weather Options**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Winter shoe covers or booties | <input type="checkbox"/> Long-sleeve winter base layer |  |
| <input type="checkbox"/> Winter Jacket                 | <input type="checkbox"/> Winter Tights                 | <input type="checkbox"/> Winter Gloves |

## **Cycling Hydration & Hygiene Related Items**

- |   |
|---|
| <input type="checkbox"/> Water bottles, minimum 2   |
| <input type="checkbox"/> Energy drink, bars/gels if you prefer items other than Cyctomax products |
| <input type="checkbox"/> Sunscreen, SPF 30 minimum  |
| <input type="checkbox"/> Chamois cream & other personal-chamois-hygiene product of choice         |

## **Additional Items**

- Eyewear/sunglasses with clear/amber and sunny day lens choices
- Small backpack or tote-bag for shopping and short trips about town
- Swimwear for pool-side lounging after a long, productive day on the bike

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