

What to bring: The following list will give you some idea of what you may need for the trip:

- Cycling helmet
- Cycling shorts (two pair)
- Cycling gloves
- Sunglasses
- Water gourd (Fountains are everywhere, so one is enough)
- Repair kit and pump
- Cycling shoes
- A small back pack or “banana belt”. (Our bikes have a back rack, so attaching a small backpack is easy).
- Cycling computer (in kilometers, nice but not necessary)
- Short cable lock (if you’re bringing your own bike)
- Pajamas (optional, but good to have in a hotel)
- Underwear (2-3 pair)
- Cycling socks (2-3 pair)
- T-shirt/jersey (2-3 pair)
- Light, long-sleeved shirt for off-bike and sun protection
- Sweater or polar for off-bike evening wear
- Rain jacket (preferable one that packs small and fits in a bike bag)
- Light tights and biking polar for the unlikely cold day
- comfortable (camping) pants for evening wear
- Walking shorts for when you’re off the bike.
- Swimsuit
- Comfortable shoes or sandals for evening wear
- Toiletries such as chapstick, talcum powder, lotion. The hotels will have soap and shampoo.
- Sun cream
- Your map book received in the mail.

If we supply your bicycle, you might consider bringing:

- Your peddles (if your shoes have a clipless system)
- Toe clips (if your are riding with street shoes)
- A bike bag or bag for back luggage rack (For telephone, camera, snack, purchases)
- Cycling computer
- Bike saddle (Only if your buns are extra delicate, otherwise our saddles are made for touring and should be fine)
- Your helmet.