

Bike tour veterans have developed the following checklist. Use this checklist while packing to make sure that you have everything you'll need. All your belongings should be packed in large duffel type bags with clearly identifiable characteristics because a lot of bags look alike. Hint- flags, bandanas, patches, paint, colored tape, etc.

For people staying in motels, pack a small bag for overnight items to remove from your large bag so you can bike or walk to the motel easily. Or make life easy and have Shuttleguy transport your luggage to your hotel for you. Go to [www.shuttleguy.com](http://www.shuttleguy.com) for more information.

- approved helmet
- handlebar/seat bag
- frame mounted tire pump
- bike lock
- two large water bottles
- spare tubes, tire tools, patch kit, tire pressure gauge,
- presta-schrader adapter
- cycling shoes/sandals
- cycling gloves
- bike shorts or tights
- bike jersey
- off bike shoes/sandals
- swimsuit
- underwear
- shirts
- casual shorts
- sox
- lightweight jacket
- sweatshirt
- pair of long pants-sweat pants
- rain gear
- ziplock bags
- medications/aspirin
- insect spray
- identification
- medical insurance card
- camera and extra memory cards
- sunscreen-lip balm
- toiletries and soap
- tooth brush, tooth paste
- shampoo
- shower sandals
- first aid kit
- towel and wash cloth
- tent and ground cloth
- sleeping bag and thermarest
- pillow
- flashlight with fresh batteries
- duct tape
- snacks, power bars, gum, candy, etc.
- sunglasses-contacts
- hat
- earplugs for sleeping
- money, credit cards
- cell phone and charging adapter
- charging adapters for any other electronics