Bike Tour Checklist

# Shelter and bedding

Tent (w/ all poles, stakes, and rain fly)

Tarp or a sheet of plastic

Rope (doubles as a clothesline)

Sleeping pad, mat, or air mattress

Blanket, comforter, or sleeping bag

Pillow (or pillowcase filled w/ clothes)

# Bike Gear

Bike

Helmet

Extra tubes

Chamois cream

Simple tool kit

Rear view mirror

Biking shorts (3 pairs)

Long biking shorts or leggings (1 pair)

Biking jerseys (3-4)

Biking shoes

Neck gaiter/buff

Windbreaker

# Clothing and laundry

T-shirts (4-5; 1 long sleeve)

Shorts (2-3 pairs),

Long pants (1-2 pairs)

Socks (4-5 pairs)

Hat (fleece one for cool nights) and, or cap

Sweater, jacket

Underwear (4-5 pair)

Swimsuit

Towel and, or washcloth

Laundry bag

Travel-size packets of laundry soap,

Rain jacket (that you can bike ride in too)

Shoes and, or sandals/flip-flops

Towels, washcloths

# First aid & hygiene

Medications, prescriptions

Aspirin, ibuprofen, acetaminophen

Feminine hygiene products

Sunscreen, sunburn lotion or ointment

Scissors, tweezers, nail clippers, razor

Bug spray

Bar of soap

Shampoo, conditioner

# Miscellaneous

Ear plugs (for snoring tent neighbors)

Some cash (just in case)

Personal identification

Charger for your device(s)

Sunglasses (or prescription glasses)

Flashlight (extra batteries)

Drybags, garbage bags, Ziplocks, etc (some people like to pack their clothes and such inside plastic bags within their luggage bag)