



Packing List

Luggage Recommendations

- 1 medium/large suitcase (roller bags are convenient)
- 1 carry on bag

Essential carry on luggage

- Wallet (Credit cards, ID, Insurance cards)
- Airline tickets/Travel confirmations
- Cell phone & cell phone charger
- Cash for incidentals & guide gratuities.
- Medications & copies of prescriptions.
- Toiletries (Adhere to airline regulations.)
- Pedals, Helmet, Cycling shoes, Cycling shorts & jersey (In case your luggage is lost.)

Cycling Gear

- 2-3 pairs of high quality cycling shorts or bibs
- 2-3 short sleeve jerseys
- 1 long sleeve jersey
- 1-2 base layers
- 1 vest
- 1 rain jacket/cycling jacket
- 3-5 pairs of cycling socks
- Knee/leg & arm warmers
- Hat & gloves
- Sunglasses
- Cycling shoes
- Hydration pack
- Full finger gloves
- Helmet
- Saddle (if renting a bicycle)
- Extra cleats
- Flat kit if traveling with your personal bike (saddlebag, tire levers, tube, air chuck) *CO2 provided*
- Sunscreen
- Nutrition *TCH will supply some nutrition as outlined in the FAQ document*
- Well tuned bicycle with good tires. (Preferably tires with tire sealant.)
- Extra derailleur hanger if shipping/flying with your bike.



Off The Bike

- Casual clothing for off the bike.
- Light jacket/sweater
- Swimsuit
- Running shoes/Comfortable shoes
- Sandals
- Laptop/tablet & charger
- Reading material
- Anything you can't live without.

Optional

- Camera & charger
- Hat with brim.
- Goggles if you plan on swimming.
- Chamois Cream
- Earplugs

If you have any questions or concerns don't hesitate to drop us a line. Call us at 406-219-1318.