



## Cycling House Packing List - Europe, Road Cycling

The weather in Europe is pretty amazing in the late spring, summer and fall. Unfortunately the weather is the one element that is totally out of our control so we have created a packing list to have you covered in the sunshine but prepared for inclement weather too. Regardless of the weather we want to have everyone comfortable and happy and the packing list will help ensure both.

### Luggage Recommendations

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

### Essential carry on luggage

- Wallet (Credit cards, ID, Insurance cards)
- Passport
- Cell phone & cell phone charger
- Airline tickets/Travel confirmations
- 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.)
- European Power Charger

### 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
- Shoe covers
- Helmet
- Saddle (if renting a bicycle)
- Extra cleats
- Pedals (If renting a bicycle)
- 2 water bottles
- Flat kit (saddlebag, tire levers, tube, air chuck) \* TCH will provide CO2 canisters\*
- Chamois cream
- Sunscreen
- Nutrition \*TCH will supply some nutrition as outlined in the FAQ document\*
- Well tuned bicycle with good tires. (If traveling with your personal bicycle)



## Off The Bike

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

## Optional

- Camera & charger (The Cycling House support driver will take photos and share them with all campers.)
- Hat with brim.
- Goggles if you plan on swimming.
- Earplugs

If you have any questions or concerns don't hesitate to drop us a line. Call us at 406-219-1318 or email us at [info@thecyclinghouse.com](mailto:info@thecyclinghouse.com)