

Packing List for Cycling Travel and Training Camps

Cycling Gear

- Your Bike! Well tuned and with good tires.
- Helmet
- Cycling shoes
- 2-3+ pairs of good cycling bibs/shorts
- 2-3+ short sleeve jerseys
- 1 long sleeve jersey
- 1-2 base layers
- 1 vest/wind shell
- 1 rain jacket/cycling jacket
- 4+ pairs of cycling socks
- Leg & arm warmers
- Cycling Cap
- Sunglasses
- Flat repair kit (saddlebag, tire levers, tube, sealant, patches, pump)
- Personal Nutrition and/or Hydration Needs
- Extra [derailleur hanger](#) specific to your bike (not easily replaced while traveling!)
- Extra cleats for your shoes/pedals
- Chamois Cream

Off The Bike

- Everyday clothes for... you guessed it, off the bike!
- Jacket/Sweatshirt
- Swimsuit
- Running shoes/Comfortable shoes
- Laptop/tablet & charger
- Reading material

Don't Forget the Essentials

- Toiletries
- Earplugs
- Sunscreen
- Wallet (Credit cards, ID, Insurance cards)
- Cell phone & cell phone charger
- Medications & copies of crucial prescriptions
- Whatever we didn't mention that you can't live without

Special Considerations

If you are flying with your bike and want to avoid bike fees, see the information from our friends at Oru Case here:

<https://www.orucase.com/blogs/news/the-cyclist-s-guide-to-flying-with-a-bike>

Better yet, buy a case from them and pay no bike fees!