

On the Bike

- Cycling jerseys (at least 4)
- Cycling shorts (at least 4)
- Long and short-sleeve undershirts
- Cycling shoes + pedals
- Booties (overshoes)
- Athletic socks (thin + thick)
- Arm/leg warmers
- Winter leggings or winter cycling pants
- Lightweight, waterproof, wind-resistant jacket and/or vest Fingerless and/or full-finger bike gloves
- Your own Helmet obligatory
- Your own Front and Rear indicator lights are mandatory
(if you do not own one of them, please let us know that we will be glad to provide it to you)
- Saddle (if you prefer your own)
- Protein shakes, electro powder, and energy bars (if you prefer specific brands or if you have allergies to certain foods)

Off The Bike

Everything you need to pass the time quietly after our adventures.
To make you an idea this short list could help you:

- Walking shoes or Hiking shoes
- Long + short-sleeved
- Shirts, Sweater/jacket for evenings
- Dinner attire (dressy casual)
- Dress shoes
- Swimsuit

Travel items to carry in a hand luggage bag (recommended)

- Travel confirmations + tickets for air, rail, etc.
- Sports medical certificate, self certification Covid-19, Liability discharge form
- Passport, including photocopy
- Local currency
- Panachè Guide with meeting point + departing information
- Emergency contacts
- Health insurance information
- Medications
- Cycling gear + pedals

Additional Items

- Cell phone + charger
- Photography gear + charger
- Power/plug adapter
- Toiletries
- Sunscreen, sunglasses, + other sun protection gear
- Insect repellent

