



BIKING • SEA KAYAKING • HIKING • WILDLIFE TOURS

PACKING LIST FOR ALL EUROPEAN BIKE TOURS

___ **PASSPORT!** Please make sure that it DOES NOT EXPIRE within 6 months from the end of your tour! Make 2 photocopies of the photo and signature pages of your passport and any other valuable documents you might carry with you on the tour. Travel with one copy stored in a separate place from your passport. Leave the other copy at home with a relative or friend (ideally the same person you gave as your emergency contact). In the event that any of your documents are lost or stolen, this will greatly assist the process of replacement.

___ Passport pouch to carry passport and money around your neck

CLOTHING:

Check Weather.com for the long-range forecast, assume rain showers are always a possibility, keep your bags light, select quick drying clothing & do laundry in your room. Dress is always casual.

- ___ Bike hat, visor or baseball cap
- ___ Bandanna, sweatband, helmet liner – to keep sweat out of your eyes while riding
- ___ Bike jerseys - 2, bright colors for visibility, breathable & comfortable
- ___ Short sleeved t-shirts – 2, light weight wool or synthetic quick drying fabric for evenings
- ___ Long sleeved shirt - wool or synthetic quick drying fabric for evenings
- ___ Long sleeved t-neck or bike jersey - mid-weight wool or synthetic for layering
- ___ Light quilted jacket, fleece or wool sweater for chilly evenings
- ___ Light windbreaker – (optional) bright color cycling jacket for visibility
- ___ Rain suit - both JACKET W/ HOOD (to fit over helmet) & PANTS, Gore-Tex or waterproof nylon
- ___ Underwear - sports bras for riding
- ___ Bike shorts – 2 pr. padded lycra cycling shorts to prevent chafing
- ___ Bike tights or knee warmers
- ___ Shorts - quick dry, can double as a swimsuit
- ___ Long pants - synthetic quick drying fabric, zip-off leg convertible pants recommended
- ___ Skirt - casual dress
- ___ Swimsuit
- ___ Socks - 2 pr. ea. cycling & walking, wool or synthetic
- ___ Comfortable shoes for walking - stiff soled if used for riding
- ___ Bike shoes - **STRONGLY RECOMMENDED** to increase pedaling efficiency & reduce foot fatigue, **NOTE:** if using clipless pedals we recommend mountain bike or touring style shoes

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so you will have a recessed cleat for safer walking on slick surfaces

___ Sandals - (optional) wear with bike socks to avoid getting blisters from straps

PERSONAL ITEMS

___ Toilet kit - buy travel-size toiletries, Ziploc bag your lotions to prevent spills

___ Ear plugs - 2 pr., a MUST for sound sleep, European towns can be noisy

___ Waterless hand sanitizer - 2 oz., clean hands will keep you healthy

___ Personal medications - keep all prescription meds. in their original labeled containers

___ "Baby-wipe" towelettes - (optional) for quick clean up anywhere

___ Sunscreen & lipscreen - SPF 30 min., sweat proof so it will not run in your eyes

___ Butt cream – prevent saddle sores before they start

___ Insect repellent – small amount, non-aerosol

___ Personal first aid kit: anti-inflammatory, anti-diarrhea, anti-acid, anti-biotic cream, antihistamine / decongestant tablets, Vaseline, hydrocortisone cream, band-aids, tampons, eye drops, sunburn ointment, 1" white athletic tape, second skin for blisters

___ Portable laundry kit packed in a Ziploc bag - 1 cup powdered laundry detergent in 1 qt. ziploc bag, 10-12 clothespins/person & 30 feet of light nylon cord (4mm) for your clothes line

___ Plastic laundry bag - for dirty laundry / damp swimsuit

ELECTRONICS - NOTE: Electrical systems are 220V & wall outlets accept EU-style plugs with 2 round-prongs. **NOTE: Make sure all your electrical equipment will accept 110/220V**

___ Cell/Smart phone – check with your service provider if your phone will work internationally & what your best options are for service, activate the international service prior to your trip & check its operation, with an unlocked GSM phone you can purchase a SIM card at your destination

___ Charge cords and plugs

___ EU-style plug adapters with 2 round prongs, bring several

___ Small flashlight with extra batteries - LED headlamps also make good nightlights in hotel rooms

___ Small travel alarm clock – or use your smart phone

OPTIONAL ITEMS:

___ Camera & case - extra batteries & media cards, lens cleaner & tissue, lens brush, table-top tripod

___ Extra freezer weight Ziploc bags of assorted sizes

___ Small "hotel size" sewing kit

___ Hairdryer – 220V compatible, most (but not all) hotels have them

___ Guidebook

___ Dictionary / phrase book

___ Paperback or E-book

___ Small sketchbook, journal, notebook, pen

___ Postcards or photos from home – to show people where you live

ESSENTIAL BIKE GEAR:

___ **BIKE HELMET** – REQUIRED for all riders, check old helmets for cracks & replace!

___ **SUNGLASSES** - a MUST for eye protection, bring a spare pair

___ **BIKE GLOVES** - a MUST to protect your hands from nerve damage while riding &

abrasion if you fall, short or long fingered

___ **WATER BOTTLE** - or Camelbak-style hydration system with an extra mouthpiece

OPTIONAL BICYCLE GEAR:

___ Rearview mirror – to fit on helmet, your glasses or handlebars

___ Your own bike seat – **NOTE: BRING ONLY THE SEAT WITHOUT THE SEAT POST ATTACHED**

___ Padded gel seat cover

___ Toe clips & straps - rental bikes have flat pedals without toe clips & straps

___ Clipless pedals & your own bike shoes with the correct cleats installed

IF YOU BRING YOUR OWN BIKE IT MUST BE IN GOOD REPAIR! Have it checked & serviced by a qualified mechanic and all worn parts replaced. On the tour, we only have tools for minor adjustments. We suggest arriving at least one day before the tour in case of baggage delay & to have time to build up and test ride your bike.

___ Pad & pack bike securely in a bike case (with help from your bike shop if it is your first time), you can pack clothing & shoes in the case to pad the bike

___ **NEW TIRES & TUBES** – for road bikes (25-28mm tires), for hybrid bikes (32-35mm tires)

___ 2 spare inner tubes to fit your tire & wheel size

___ Gearing – we recommend rear cassettes with a 30 or 32 tooth big cog for easier climbing

___ Rear carrier to hold a bike bag or pannier, handlebar bag or a small daypack, to carry your snacks, rain gear, extra clothing, camera and sunscreen as needed during the day

___ Bike tools to build up your bike

___ Small rag for cleaning bike parts & chain

___ Tire pump & patch/tool kit to go on your bike

___ Correct bike shoes (if clipless pedals, make sure you have the right cleats)

NOTES ON YOUR PERSONAL BICYCLE EQUIPMENT:

BIKE HELMET – The pros wear them and so should you! A good helmet, along with your own common sense, is your best protection against a serious injury. **REPLACE YOUR OLD HELMET** at the first sign of cracks, frayed straps or broken buckles. During the tour, all riders are required to wear a helmet.

SUNGLASSES – A good pair of sunglasses is all it takes to **PREVENT AN EYE INJURY** from road debris or an insect. Make sure they fit properly with your helmet. Consider replaceable or photo chromatic lenses for different light levels, and bring a spare pair just in case.

TOE CLIPS & STRAPS – (optional) Rental bikes come with flat pedals. If you want toe clips and straps, please **bring your own**. To make it easy, simply purchase a new set of toe clips & straps and we will install them for you. Also, shoes with flat soles are safer than lugged soles for pulling your foot out of the pedal.

CLIPLESS PEDALS – (optional) **Clipless pedals are great for control and pedal power, but trying them for the first time on a tour may not be the best idea!** For your personal safety, you must be comfortable riding, stopping and starting in traffic and on hills. If you bring clipless pedals, make sure to bring bike shoes with the correct cleats. For bike touring, we suggest **Shimano SPD pedals with Multi-Release M-cleats**. Shimano pedals are adjustable and we recommend using the lightest setting.

BIKE SHOES – (optional) Simply put, a properly fit bike shoe will **increase your pedaling efficiency and reduce foot fatigue**. For bicycle touring, we recommend either a mountain

bike or touring style shoe rather than a racing shoe. These styles flex a bit more to make walking easier, and if you use clipless pedals, your cleat will be recessed for safer walking. If you have custom footbeds or orthotics, consider trying them in your bike shoes.

PACKING INFORMATION

PLEASE NOTE: See TSA Security Regulations <http://www.tsa.gov/public> for procedures and suggestions for expediting your experience in security. US airline baggage regulations have changed, and we suggest contacting your air carrier(s) online or by phone for their most current carry-on and checked baggage allowances. Also, if you are using a European carrier, they may have different size and weight allowances.

HINTS ON PACKING: Here are a few simple tips to help your travels go smoothly and prepare you for European hotels where stairs often replace elevators.

Packing Hint #1: Follow our packing list, travel light and try to carry on your bags whenever possible to avoid baggage loss or delay.

Packing Hint #2: Limit your luggage to 2 bags. We suggest the following: **one carry-on size wheeled suitcase or duffel** for your clothing, and **one small personal bag** (a small daypack or shoulder bag) for irreplaceable essentials. Make sure to check with your air carrier for allowable baggage size and restricted items.

Packing Hint #3: Freezer-weight Ziploc plastic bags are lightweight, inexpensive, and see-through. They make a great waterproof biking wallet and are indispensable for packing items like clothing, books, toilet kits, and lotions in your baggage.

Packing Hint #4: Travel-size samples save space and weight! Visit the "samples section" of your drugstore or supermarket and see if your favorite shampoo, conditioner, hand lotion, toothpaste and deodorant are available in travel-size samples. If not, transfer some to smaller plastic bottles in the size you need. Remember to plastic bag all lotions!

Packing Hint #5: Think multiple use garments! Convertible pants with zip-off legs will save bringing an extra pair of shorts. Quick dry shorts double as a swimsuit. Be creative and keep that baggage light!

Packing Hint #6: Do your own laundry. Synthetic clothing can easily be hand washed and hung to dry overnight in your hotel room.