



BIKING • SEA KAYAKING • HIKING • WILDLIFE TOURS

Picos de Europa Bike Tour Packing List

CLOTHING:

Temps. – days 60° to 85° F. & nights 50° to 70° F. , possible rain showers, dress is always casual, select synthetic quick drying clothing & do laundry in your room to keep your baggage light

- Bike hat, visor or baseball cap
- Bandanna or sweatband
- Bike jerseys – 2, bright colors for visibility, breathable & comfortable
- Short sleeved shirts – 2, synthetic quick drying fabric for evenings
- Long-sleeved shirt – synthetic quick drying fabric for evenings
- Long-sleeved t-neck or bike jersey – mid-weight synthetic for layering
- Light sweater – fleece or wool
- Light windbreaker – (optional) bright color cycling jacket for visibility
- Underwear – sports bras for riding
- Bike shorts – 2, padded lycra cycling shorts to prevent chafing
- Bike tights
- Shorts
- Long pants – synthetic quick drying fabric, zip-off leg convertible pants recommended
- Skirt – (optional) casual dress
- Swimsuit
- Rain suit – BOTH JACKET W/ HOOD & PANTS, gore-tex or waterproof nylon
- Socks – 2 pr ea. cycling & walking
- Comfortable shoes for walking – stiff soled if used for riding, avoid heavily lugged soles if using pedals with toe clips & straps
- Bike shoes – **STRONGLY RECOMMENDED** to increase pedaling efficiency & reduce foot fatigue, NOTE: if using clipless pedals we recommend mountain bike or touring style shoes so you will have a recessed cleat for walking
- Sandals – (optional) wear with bike socks to avoid getting blisters from straps
- Toilet kit – buy travel-size samples of your regular items, feminine hygiene products, Ziploc bag your lotions to prevent spills
- Waterless hand sanitizer 2 oz. – clean hands will keep you healthy
- Personal medications – keep all prescription meds. in original, labeled containers
- “Baby-wipe” towelettes – (optional) for quick clean up anytime
- 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

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- Sunscreen & lipscreen – SPF 30 min., sweat proof so it will not run in your eyes
- Insect repellent – small amount
- Small flashlight with extra batteries – sm. LED headlamps are most versatile and are good nightlights in hotel rooms
- Small travel alarm clock
- Portable laundry kit packed in a Ziploc bag – 1 cup powdered laundry detergent in 1 qt. ziploc bag, 10-12 clothes pins & 25 feet of light nylon cord for clothes line
- Plastic laundry bag – for dirty laundry / damp swimsuit
- Ear plugs – 2 pr., a MUST for sound sleep, European towns can be noisy

OPTIONAL ITEMS: Electrical systems are 220V & wall outlets accept EU-style 2 round-prong plugs. If your electrical equipment is 110 volt, you will also need a transformer.

- Camera in protective case – new & spare batteries, extra film / media cards, lens cleaner, lens tissue, lens brush, mini table-top tripod
- Extra freezer weight Ziploc bags of assorted sizes
- Small “hotel size” sewing kit
- Guidebook
- Phrase book / dictionary
- Paperback book(s)
- Small sketchbook, journal, notebook, pen
- Postcards from home – a few to show the staff and others
- Address book – for all those postcards you will want to send
- Small calculator – to calculate exchange rates
- Electrical plug adapter – European style 2 round-prong for 220V appliances
- Voltage transformer – if your electrical equipment is 110 volt
- Cell phone – must be tri-band with international service, activate US international service at least 1 week prior to your trip & check its operation

ESSENTIAL BIKE GEAR:

- BIKE HELMET – all riders must wear them, 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:

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- Rearview mirror – to fit on helmet, glasses or handlebars
- Your own personal bike seat (ONLY THE SEAT WITHOUT THE SEAT POST ATTACHED)
- Padded seat cover
- Toe clips & straps (rental bikes have flat pedals without toe clips & straps)
- Clipless pedals & your own bike shoes with cleats installed

IF YOU BRING YOUR OWN BIKE: YOUR BIKE MUST BE IN GOOD REPAIR! Have it checked by a qualified shop and all worn parts replaced. Install NEW tires & tubes! We only carry tools for minor adjustments, & parts may be hard to find. We suggest arriving at least one day before the tour in case of baggage delay. You will have time to build up and test ride your bike, and adjust or replace any parts that may have been damaged in transit.

- Road or hybrid bike – NEW 28-35c tires, triple front chain rings suggested, 26 x 32 low gear recommended for the hills
- 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 along with the bike
- Rear carrier with bike bag, handlebar bag, pannier or small daypack to carry snacks, rain gear, camera and sunscreen as needed during the day
- 2 spare inner tubes to fit your tire & wheel size
- Bike tools to build up your bike
- Small rag for cleaning bike parts & chain
- Tire pump & patch kit
- Correct bike shoes for your pedals (if clipless pedals, install cleats on your shoes)

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 the lifelong debilitation a head injury can cause. **Replace your old helmet** with a new one 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 photochromatic 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**. If you want toe clips and straps, please **bring your own pedals with the toe clips and straps**. Also, shoes with flat soles are safer than lugged soles for pulling your foot out of the pedal.



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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.** The release is adjustable and the recessed cleat makes walking safer and easier.

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 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.

PLEASE NOTE: See TSA Security Regulations (<http://www.tsa.gov>) 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!

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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.

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