

Packing Lists

On the Bike

- ☐ Cycling jerseys or athletic shirts
- ☐ Cycling shorts
- ☐ Cycling shoes (if you bring your own pedals)
- ☐ Sneakers (if you don't bring your own pedals)
- ☐ Athletic socks
- ☐ Arm/leg warmers
- ☐ Lightweight, waterproof, wind-resistant jacket or vest
- ☐ Bike gloves
- ☐ Bike saddle/cover (if you prefer your own)

Off the Bike

- ☐ Walking shoes
- ☐ Hiking shoes (if required)
- ☐ Long and short-sleeved shirts
- ☐ Sweater/jacket for evenings
- ☐ Dinner attire (dressy casual) + dress shoes
- ☐ Swimsuit

Travel Items*

- ☐ Travel confirmations and tickets for air, rail, etc.
- ☐ Passport, including photocopy
- ☐ Local currency
- ☐ DuVine Travel Guide (with meeting and departing information)
- ☐ Emergency contacts
- ☐ Health insurance information
- ☐ Medications

**We recommend keeping these items in your carry-on while traveling*

Additional Items

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

What We Provide

- Bike
- Saddle
- GPS (*based on availability*)
- Flat or caged pedals
- Helmet
- Water bottle
- Snacks/nutrition for each ride
- Drawstring bag
- DuVine t-shirt
- DuVine jersey

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? Or to ride like a guide in custom ASSOS gear? To order, contact us at tourcoordinators@duvine.com. All gear (ASSOS and DuVine) is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I Need to Bring Special Cycling Gear?

- **Cycling shorts** are designed to provide extra padding when spending the whole day in the saddle. You'll be glad to have them—don't forget the chamois cream!
- If you bring your own **cycling shoes**, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- **Arm and leg warmers** are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- **Bike gloves** are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date
- Call your bank/credit cards to notify them of upcoming travel
- Please limit your luggage to one medium-sized suitcase and one carry-on

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DUVINE

CYCLING + ADVENTURE CO.