

# YOUR PACKING LIST

## What to Bring

### 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 + short-sleeved shirts
- ☐ Sweater/jacket for evenings
- ☐ Dinner attire (dressy casual) + dress shoes
- ☐ Swimsuit

### Travel Items\*

- ☐ Travel confirmations + tickets for air, rail, etc.
- ☐ Passport, including photocopy
- ☐ Local currency
- ☐ DuVine Travel Guide (with meeting + departing information)
- ☐ Emergency contacts
- ☐ Health insurance information
- ☐ Medications
- ☐ Cycling gear (+ pedals) if riding on Day 1

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

### Additional Items

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

## What We Provide

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

### Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact [tourcoordinators@duvine.com](mailto:tourcoordinators@duvine.com). Gear 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.