

# 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.