

Basics of packing gear

Proper packing protects your gear and helps you stay organized while on your trip. Experiment on your training rides to figure out what works for you. These basic guidelines will help you develop your system:

- Distribute items that you need during the day (snacks, maps, sunscreen, camera, etc.) among your jersey pockets, handlebar bag, and small pack on the front of the top tube or hydration pack.
- Put the heaviest items (tent, cookware, etc.) lowest to avoid crushing other items and to help with bike handling.
- Put fuel bottles in an outside pocket in case they leak.
- Place delicate items on top.
- Roll clothing to save space.
- Use plastic bags to organize and protect your gear. Label the bags if they are not see-through. You can also line your bags with garbage bags to keep rain out. Even if the bags claim to be waterproof, take extra precautions.
- Use rubber bands to secure metal items to minimize noise so you don't have to listen to your cookware rattle all day.
- Keep some space in your bags to add more food, souvenirs, etc.
- Most important, practice organizing and stowing your gear. Develop your system and stick to it. You should know exactly where and how to stow every item you carry. The more of a habit this becomes, the less time you spend searching for stuff and the less likely that you leave something behind.

Packing List for Tours

Bike items:
Computer and heart rate monitor (if you use one)
Water bottles (easier to use around camp than a hydration pack)
Hydration pack (optional)
Seat pack <ul style="list-style-type: none">• Frame pump (CO₂ inflators are not good on a tour because you want to pump your tires up every morning)• Small tire pressure gauge• 3 spare tubes• Folding spare tire• Patch kit• Tire levers• Tire boot to put inside the tire if it is damaged• A foot (30 cm) of duct tape to boot a tire and for other fixes• Allen wrenches

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Packing List for Tours (*continued*)

Bike items (<i>continued</i>):
Seat pack (<i>continued</i>) <ul style="list-style-type: none">• Leatherman multitool with regular and Phillips screwdrivers, small pliers (also useful for lifting a hot cooking pot), knife, and can opener• Chain tool with spare chain pin• Spoke wrench• A few spare spokes (the front wheel, drive side of the rear wheel, and off side of the rear wheel each use spokes of different lengths) or Fiberax cable emergency spoke• Spare brake and derailleur cables• A few cable ties• Pair of spare brake pads• Chain lube
Handlebar bag, Bento bag, and frame pack
Front rack and panniers
Rear rack and panniers
Bungee cords or nylon rope to tie down gear (rope is more versatile around camp)
Trailer
Cable lock
Clothing items:
Cycling clothes <ul style="list-style-type: none">• Helmet and mirror• 1 or 2 wicking undershirts• 1 or 2 jerseys• 1 or 2 pairs of shorts with quick-drying chamois• 2 pairs of socks• Shoes• Headband or head cover• Warm hat or light balaclava• Motel shower cap as helmet rain cover• Gloves• Glove liners or long-finger gloves• Arm and knee or leg warmers• Thermal vest or jersey• Wind vest, jacket, or raincoat• Rain pants or tights• Booties or toe covers• Dark and clear glasses• Wool jerseys and warmers (particularly good for touring since they stay warm even if wet)

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Packing List for Tours (continued)

Clothing items (continued):
Clothes for after the ride <ul style="list-style-type: none">• Walking shorts• Swimsuit• Change of underwear• Walking sandals if not riding in flat-soled shoes• Poncho if camping and there is a significant possibility of weather (cycling gear can keep you warm in the evening unless it needs to dry)
Nutritional items:
Water
Sports drink
Snack food
500 additional calories of emergency food in case you can't find a store
If you will be cooking, bring <ul style="list-style-type: none">• Stove and windscreen• Fuel in a bottle• Matches• Pot and lid (lid can double as plate)• Spoon (use knife and can opener on your multitool)• Cup• Salt and a few other seasonings• One light, compact breakfast and one light, compact dinner in case you can't find a store• Beverages such as instant coffee, tea bags, and powdered sports drink
If you will be dining out, bring <ul style="list-style-type: none">• Powdered sports drink• If you like sports nutrition products, mail your favorites to yourself, care of your lodging
Camping items:
Tent
Rain fly
Ground cloth
Poles and pegs
Headlamp or small flashlight
Sleeping pad
Sleeping bag
Fill sleeping bag stuff-pack with extra cloths for a pillow

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Packing List for Tours (continued)

Personal items:
Maps and cue sheets
Driver's license or ID
Personal emergency contact information
Small first aid kit <ul style="list-style-type: none">• Several 3-in. (7.5 cm) sterile gauze pads• Several feet of 1-in. (2.5 cm) adhesive tape in a small roll• Half-dozen Band-Aids• Double antibiotic ointment (triple antibiotic ointment may cause an allergic reaction)• Six cleansing wipes with alcohol• Tweezers (which are also useful for removing small objects from tires)• Ibuprofen• Several pairs of latex gloves to protect your hands from pathogens• Hand sanitizer
Cell phone programmed with an ICE (in case of emergency) number
Cell phone charger
Watch with alarm
Medical insurance card
Prescription medications
Sunscreen and lip balm
Petroleum jelly or other crotch lubricant
Hygiene kit
Money
Camera
iPod or other music system
Small notebook and pencil or business cards to exchange contact information with people you meet
Safety pins and needle and thread
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