

Cycling Holiday Checklist

The Bike

- Your bike, obviously
- Pedals
- Pump or CO2 (Airlines let you carry up to 4 CO2 charges in your baggage)
- Spare tubes and leavers in a saddle bag
- Bidons
- Set of Alan keys, pedal spanner, and that weird star shaped thing you always forget about until you need it to tighten something up with it.
- Garmin and USB cable

Cycling Clothing

- Jersey
- Shorts
- Socks
- Base Layers
- Gillette
- Sunglasses
- Helmet
- Track mitts
- Shoes
- Arm/leg warmers

On Bike

- Chamois cream
- Hydration tabs
- Your preferred bars/chews
- Emergency gels
- Sun block