

7 Days of biking

On the way

Book Ear plugs Arrival and departure times Cell phone and charger
Travel pillow Eye shades Camera Passport/identity card

Travel documents

Reservation documents Drivers license Ticket(s) (airplane) Credit Card
Copy of travel documents Pass photo Visa Medical Insurance

Addresses

Addresses Emergency numbers Phone number embassy
Phone number to freeze bank cards

Bicycle Equipment

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|--|---|---------------------------------------|--|
| <input type="checkbox"/> Bike | <input type="checkbox"/> Lock and cable | <input type="checkbox"/> Tire irons | <input type="checkbox"/> Sun Block |
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Cycling computer | <input type="checkbox"/> Allen wrench | <input type="checkbox"/> Chamois Glide |
| <input type="checkbox"/> Water bottles | <input type="checkbox"/> Spare tubes | <input type="checkbox"/> Chain Lube | <input type="checkbox"/> Rubber Gloves |
| <input type="checkbox"/> Frame tire pump | <input type="checkbox"/> Patch Kit | <input type="checkbox"/> Tie wraps | <input type="checkbox"/> Sunglasses |

Biking Clothes

- Cycling gloves (2 pairs)
- Cycling shorts (5 pairs)
- Cycling tights (1 pair)
- Cycling jerseys (7)
- Cycling shoes (1)
- Cycling socks (7)
- Jacket (1)
- Glove liners
- Arm warmers
- Leggings
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Post ride Clothes

- Pants (1)
- shorts (2)
- t-shirts (5)
- warm pullover
- cap
- Flip flops
- Belt
- Socks (7)
- Swimming suite
- Long sleeve shirt
- Rain coat
- Underwear (7)
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Camping Gear

- Tent
- Mallet
- Sleeping bag
- Air mattress
- Flashlight

Electronics Gear

- Mobile Phone & charger
- Net book & charger
- Mouse and mouse pad
- Camera w/memory card
- Batteries AA, AAA
- Head phones
- Extension cords

Personal gear

- Towel/Washcloth
- Pen and note pad
- Alarm Clock
- spare glasses / contacts
- Day pack
- Comb/hair brush
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Toiletries

- Shower gel/ soap
- Shampoo
- Deodorant
- Toothbrush and Tooth paste
- Shaving Gear
- Nail clipper
- Floss
- Cotton swabs

Health & medicine

- Personal medicines
- Ointment for insect bites
- Insect repellent
- Pain killers
- First aid kit
- Handkerchiefs
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Before you leave

- Travel insurance
- Health insurance coverage on destination?
- Switch off main gas supply.
- Temporarily stop news paper subscription
- Pay bills
- Turn heating down or A/C off
- Disconnect water supply
- Check if passport is valid
- Leave address details for friends and family
- Switch on voice mail/answering machine
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- Switch off alarm clock
- make a copy of important documents
- Switch off electronic devices
- Clean out the fridge
- Organize mail collection when away
- Set timers for lights
- Take the garbage out
- Water the plants
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