

WHAT TO BRING

CLOTHING

Your choice of clothing should be influenced by (1) our comments concerning climate, (2) personal comfort, and (3) space limitation. Although we encourage cyclists to transport the majority of their clothing in our support vehicle between overnight destinations, cyclists should be prepared to carry those articles of clothing essential to changing weather conditions that may be encountered during the course of the day. Those articles that should be carried include rain gear and protective clothing in the event of dramatic drops in temperature (e.g., lengthy mountain descents). Some means of carrying this gear, such as a rear pack, will be needed on your bicycle. (Rental bikes are equipped with handlebar and rear rack packs.)

Again, preparation is the key to a rich, exciting cyclotouring experience. It is not impossible to encounter a 30-degree temperature variation in an amazingly short period of time. Properly prepared and equipped, such dramatic changes will only enhance our total touring experience, rather than detract from it.

A brief word about helmets. Although not a mandatory requirement, we certainly urge and emphasize that you do so. And, of course, the reality is, that no serious cyclist today would ever consider riding without a helmet, and for that reason, it is a non-issue. The preference always is to bring your own helmet for comfort and fit. If you don't have a helmet, contact us and indicate your desire that we provide a helmet for you and we'll be happy to do so without charge. The following is a partial list of recommended articles of clothing:

- shorts (comfortable for riding)
- T-shirts or jerseys (both long and short sleeved)
- shoes for cycling (can be a touring shoe, cleated shoe or tennis shoe)
- rain jacket and rain pants (pants are optional but recommended)
- sweater (wool preferred), light jacket
- warm-up pants, tights or some other form of leg covering
- hiking shoes (particularly for tours that include planned hiking days)
- leisure clothing (for after cycling hours) Informal, casual, comfortable clothing is the rule - e.g. jeans, shorts, etc. Keep in mind that evenings can be quite cool.
- helmet
- cycling gloves

PERSONAL ARTICLES

- sun glasses
- sun screen (SPF-15)
- lip protection (SPF-15)
- camera and film
- binoculars (great means of viewing wildlife)
- daypack (for hiking)

EQUIPMENT

A bicycle is essential, preferably triple-chainring model in good working order and outfitted for touring. If you don't have a suitable bicycle, or do not wish to transport your bicycle, we can provide a rental for \$125 for the tour. By outfitted for touring, we would recommend the following:

- alpine gearing, with a low gear in the range of 30"-36"
- 2 large water bottles
- rear pannier rack and rack top bag
- frame pump, tire irons, spare tube, patch kit
- toe clips and straps, or equivalent (clipless pedals)

TOOLS AND OTHER GEAR

Our leaders will be riding with a full complement of tools to handle most repairs. Our support vehicle will also carry a wide array of tools and a supply of commonly required spare parts (tubes, tires, brake pads, brake and derailleur cables, etc.). If, however, your bike is other than a conventional model (e.g., tandem, recumbent, wheels that are other than 700c) you will need to bring spare tubes, at least one spare tire, and derailleur and brake cables. We also do not carry Campagnolo spare parts in our vans., but we are aware of the location of bike shops along our routes. **If you have any question as to whether we will have the necessary repair parts and equipment for your personal bike, we urge you to contact our office for clarification.**