

## RIDERS ARE REQUIRED TO BRING

- Helmet (or rent one from us)
- Bike in good condition (or rent one from us)
- Spare tube - If the tube totally blows, you will be out of luck without a replacement tube. Even if you get a patchable flat, it is easier to simply put on a good tube and do any patching after the day's ride is over. If you're renting a bike from us, don't worry about bringing a spare tube - we have some!
- Water bottle(s) - if you're a First Time Senior Cycler, we'll have a new one for you
- Rack bag - It is really uncomfortable to ride with a pack on your back for any distance. Especially if you are riding multiple days, you should have a back rack and a pack to stow stuff in. Trying to "bungee" stuff on a rack can be at the least annoying and at the worst dangerous. **If you are renting a bike from us, we supply a pannier or bike pack for your bike.**
- To use RideWithGPS, on your own bike, a device that securely mounts your smartphone to your handlebar. (If you're renting a bike from us, we have these for your use).
- A spare smartphone battery and cord to use it to keep your phone charged or recharge it while riding.



## GOOD TO HAVE BUT NOT REQUIRED

- Bike gloves (highly recommended to ward off hand & wrist fatigue)
- A bike pump and standard tools -- Even if you don't know how to use them, chances are someone will come along who can help you. Of course, your Tour Leaders always have a pump and tools with them, but it's still nice to have your own.
- A rear view mirror (our rentals are equipped with them)
- A bike lock (again, if renting, we'll supply this)

## CLOTHING

We suggest you bring **Bicycling shorts** to help prevent chafing and a sore butt! We know some people think they look absolutely ridiculous in those tight-fitting stretchy numbers, but if you haven't tried them, we encourage you to do so. You can also buy looser fitting shorts that have a biking pad sewn into them, and you can even buy a stretchy liner with the biking pad that is meant to be worn under any pair of your shorts. We acknowledge the fact that there are people who bike forever with their own favorite shorts rather than bike shorts and they're perfectly happy. For our trips we suggest bringing 3 pairs of whatever shorts you choose so you can rinse them out a night and give them time to dry or save them up to do laundry mid trip.

If there's a chance that the weather will be chilly, include tights or long pants or leg warmers.

**Bicycle jerseys.** We like them because they tend to be more comfortable and wick the moisture away from your skin better than regular shirts, and the (usually 3) pockets sewn across the lower back are super handy for carrying your wallet, a few snack bars, or many other things. They also take up less room in your luggage than heavier t-shirts. But anything you are comfortable riding in is fine.

Think about the weather possibilities when you decide whether you want long sleeves, short sleeves, no sleeves or a mix. Temperatures are often unpredictable, even in Florida.

**Cycling gloves** - without the fingertips if it's warm, full gloves if it will be chilly.

A **Windbreaker**, and perhaps something with **light fleece** - a **vest**?

**Rain gear.** We know you can spend a lot of money and still find yourself soaked if it really rains - sometimes from the rain coming through the material and sometimes from the sweat inside it. But we still recommend some form of rain gear. Your rain jacket may also be your windbreaker.

## DRESS CODE

Most nights you'll likely want to shower and change before we gather for our social hour and dinner. We choose restaurants for their good food, and the dress code is always casual.

Slacks or shorts and a shirt with a collar will get you in anywhere we go. Our trips are more about fun than fashion, so don't fret about wearing something different each night. Mix-and-match is where it's at if you're into variety.

## LUGGAGE SIZE & BAG LIMITS \*\* IMPORTANT \*\*

Senior Cycling uses the same luggage size & number standards and limits as the airlines: Each guest may bring ONE CARRY-ON sized suitcase and ONE Personal Item such as a backpack, satchel, etc. *Please avoid using a formless fabric bag as your second item* - they're just difficult to handle without the contents spilling out.



**Carry-on bags**

Your carry-on must fit in the overhead bin:  
9" x 14" x 22" (23 x 35 x 56 cm)  
Don't forget handles & wheels!

**Personal items**

These Items must fit under the seat  
in front of you:  
9" x 10" x 17" (22 x 25 x 43cm)

With our trailers now reconfigured to carry more bulky & heavy E-Bikes, space is at a premium and we do **NOT** have the space for oversized or more than two pieces of luggage per guest. A full tour of 13 guests + 2 leaders means THIRTY (30) bags that must be carried and will be loaded and unloaded at each place of accommodation. **Please be considerate of your fellow guests and your Tour Leaders and respect these limits.**

## BE MINDFUL WHEN PACKING

Your luggage will be loaded and unloaded at each stop along our tour. This means you'll be taking it to/from your room to our vehicle every evening/morning. You'll likely want a main bag, and a smaller bag.

Keeping immediate necessities in the smaller bag will allow you to carry less throughout the course of the trip.

Packing this way is also to your advantage for those situations where you may encounter stairways to second floor guest rooms.

Those of you who are flying to the tour might be required by your airline to pay an extra bag fee, but we personally believe it's worth its weight to do so!

## PACKING CHECKLIST

### REQUIRED EQUIPMENT:

- HELMET!
- Bike in good condition
- spare tube
- Rack bag
- Water bottle(s)

### SUGGESTED EQUIPMENT:

- Cycling gloves
- Pump and standard tools
- Rearview mirror
- Bike lock
- Clamp-on holder for Smartphone or strap-on bag that holds it>>

### CLOTHING:

- Cycling shorts and jerseys (2 or 3)
- Long sleeve shirts
- Short sleeve shirts
- Tights
- Long pants
- Short pants
- Jacket/windbreaker/fleece top (think layers)
- Socks (at least 3 pairs)
- Rain gear
- Underclothes

**TOILETRIES, LIPBALM & SUNSCREEN, ALLERGY MEDICINE if you're susceptible, BUG REPELLENT always good to have if needed!**

### DON'T FORGET:

- Prescriptions
- Chargers AND cords
- An external battery for your Smartphone is a good idea
- Extra batteries for any other device

### NICE TO HAVE:

- Camera
- Binoculars
- Sunglasses

