

# Packing Lists

## On Bike

- Cycling jerseys or dry wick shirts
- Padded cycling shorts
- Cycling shoes (if you bring your own pedals)
- Sneakers (if you don't bring your own pedals)
- Athletic socks.
- Lightweight, waterproof jacket or vest
- Bike gloves
- Bike saddle/cover (if you prefer your own)
- Sunscreen, sunglasses
- Insect repellent

## Off Bike

- Walking shoes
- Hiking shoes (if required)
- Long and short-sleeved shirts
- Long pants and shorts.
- Sweater/jacket for evenings
- Dinner attire (casual)
- Swimsuit
- Cell phone and charger
- Photography gear and charger
- Toiletries

## Travel Items

- Travel confirmations and tickets for air, car rental etc.
- Passport, including photocopy
- Canadian currency
- PEI Cycling Tours itinerary
- Emergency contacts
- Health insurance information
- Medications
- Travel Insurance

## What We Provide

- Bike
- Water bottle
- Saddle
- Trunk Bag
- Helmet
- Flat or caged pedals

## Order PEI Cycling Tours Gear

Interested in a PEI Cycling Tours 2019 kit? Order at least 6 weeks in advance of your tour and your items will be shipped to your door . Choose for your group, big or small. We have jerseys, shorts, hats, socks.

Here is the link to our store:

<https://kitpatron.ca/collections/pei-cycling-tours>  
(There is a store button on the website as well)

## What about gear?

**Padded cycling shorts** are a must. Your butt will be sore if you are not used to consecutive multi-days in the saddle. Chamois cream is a bonus helping to prevent chafing. We'll have some samples on hand if you want to give it a try.

**Cycling shoes** are great if you are used to using them. Please bring your own pedals if you are using shoes with cleats. We have SPD pedals on hand in case you forget yours. We do not recommend clip-in pedals if you have never used them before.

**Bike gloves** are recommended. The padding in gloves can ease arm, shoulder, and joint fatigue.

**Outerwear** is always tricky. Because we can't guarantee perfect riding weather, we recommend you prepare for heat rain and wind (just in case). Check extended forecasts for PEI before your trip and pack accordingly.

## Before You Go

Ensure your passport is valid for 3-6 months after return date • Call your bank/credit cards to notify them of upcoming travel and larger purchases for tour deposits and payments.

Please limit your luggage to one medium-sized suitcase and one backpack or purse.

