



Bike Touring Checklist

Rather than cycling exclusively for sport or exercise, bike touring is solely for pleasure and can range from single-day trips to year-long tours! For those longer trips requiring overnight stays outdoors or traveling to your cycling route, be sure to bring your camping and travel checklists as well to ensure that you're stocked for the excursion.

Core Essentials

- Bicycle
- Helmet

Basic Essentials

- Water Source
- Energy Food/Snacks
- Sunglasses
- Medical Info/Card
- Protective Gear
- Bag
- Towel
- Strength Tape
- Flashlight/Headlamp
- Pocket Knife
- Lip Balm

Gear and Accessories

- Backpack
- Bike Rack, Hitch, or Cage
- Mounting Devices (GPS/Phone Mount)
- Bike Mirrors
- Bottle Holder
- Cycle Horn/Bell
- Tail Light/Side Lights
- Tube Repair Items (Tube, Inflator, Patch Kit)
- Handlebar Grip
- Fitness Watch
- Reflective Tape and Strips
- Cycling Multi-Tool
- Lock
- Cell Phone
- Map/Manuals
- Cash/Credit Card
- Straps or Bungee Cords
- Emergency Whistle
- Compass

Clothing

- Face Mask
- Visor/Hat
- Reflective Vest
- Gloves
- Wicking Top
- Technical Socks
- Padded Shorts or Leggings
- Windbreaker/Jacket with Liner
- Rainwear
- Thermal Underwear
- Cycling Footwear
- Shoe or Toe Covers
- Hands and Feet Warmers
- Balaclava
- Ear Band/Ear Muffs

First Aid

- First Aid Kit
- Bandages
- Pain Relieving Balm
- Blister Treatment
- Insect Repellent
- Safety Glasses
- Toiletry Kit

Personal Essentials

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