

# PACKING CHECKLIST FOR CYCLING HOLIDAYS

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Augustus  
**TOURS**  
aktiv reisen

## PACKING CHECKLIST FOR CYCLING HOLIDAYS

*Holidays that are as individual as you!*

### Getting here and around:

- Valid passport/identification card
- Insurance documents (health and travel insurance)
- Route map and/or other route information

### The right clothing:

- Comfy shoes or special cycling shoes
- Lightweight, breathable clothing
- Cycling shorts (ideally seamless) or padded underwear
- Wet weather clothing (to include covers for your shoes)
- Cycle helmet and cycling gloves for safety reasons

### Returning home safe and sound:

- Mouth to nose protection (FFP2 mask)
- Protection against the sun (sunglasses, sun cream, after sun), lip balm where required
- First aid kit (to include: painkillers, antipyretics, sticking plasters, blister plasters, wound disinfectant, multi-functional penknife with scissors and tweezers)
- Insect repellent, tick removal tool (e.g., tick card)
- Any medication you require (please let us know if some of it has to be refrigerated at the hotel)
- Make sure your vaccinations are up to date (e.g., diphtheria, tetanus und tick-borne encephalitis)

### Other useful items:

- Rucksack which allows air to circulate along your back (try to store heavy items close to your back or pack them in a pannier)
- Liquids to get you through the day (water, juice with mineral water, tea)
- Muesli bars or chocolate (high-energy)
- Camera and accessories
- Wet wipes (for washing your hands)
- Swimming costume, small towel, picnic blanket (where required)
- Repair kit (incl. puncture repair items), compact bicycle tools, bicycle pump

Your  
contact person:

Team AugustusTours

Tel.: +49 (0)351 56348 20  
aktiv@augustustours.de

Please pay particular attention to the following tips when setting up your bicycle:

- Please adopt an ergonomic posture when cycling, with your arms slightly bent.
- Adjust your saddle to hip height and your handlebars to a position to keep your back as upright as possible.
- Make sure you cycle out of the saddle or in low gear for a bit from time to time, allowing yourself a break.
- If cycling in a group, it's a good idea to agree in advance who is bringing joint items e.g. a first aid kit – every bit of weight you save will make your tour easier!

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