



Custom adventures worldwide

Aventures sur mesure autour du monde

Guide:

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Packing List

Good quality riding clothes and gear can really make or break your holiday. Being properly dressed with today's modern clothing technology will allow you to enjoy cycling nearly irrespective of the weather. Improper clothing can turn a pleasant day into a miserable experience. We can't emphasise enough the importance of quality clothing and equipment in preparation for your trip. Strive to dress with a layer system: a series of thin pieces that can be added or subtracted as your needs change. A good bike shop should be able to help you with your clothing and gear selections.



Cycling gear and other clothing

We recommend synthetic or merino wool clothing for cycling. These fabrics wick moisture well, are quick to dry and easy to hand wash if needed. Conversely, cotton absorbs plenty of moisture, takes a long time to dry and wicks heat from your body. Please avoid wearing cotton for any riding!

Riding gear

- Sport sunglasses preferably with variable lens tints
- **A change of clothes or extra layers in a bag you can leave handy in the van during ride support**
- 2-3 large size cycling water bottles
- 3 pairs of cycling shorts with chamois padding (or evening sink washing)
- 3 cycling jerseys or other synthetic or merino tops. It's a good idea to have at least one long-sleeved.
- Cycling arm warmers and/or vest
- 3-4 pairs of socks suitable for riding, recommended at least one thick pair for cold or wet days
- Cycling tights, knickers, or knee warmers
- Short fingered riding gloves
- Long fingered riding gloves

- Warm gloves that ideally fit over your riding gloves. Be sure you can still actuate the shifters and brakes while wearing.
- Mid-weight insulating layer
- WATERPROOF jacket (suitable for riding)
- WATERPROOF pants (suitable for riding)

Other suggested riding items

- Cycling shoes and clip-in pedals. Be familiar with their operation before the trip.
- Your own top quality cycling helmet. *Pay as much for your helmet as you think your head is worth...*
- Anti-chafe cream for cycling shorts
- Heart rate monitor and / or bike computer GPS device
- Hydration backpack with pockets for extra layers, food etc

Other clothes

- Evening wear and off the bike wear
- Sandals
- Walking shoes
- Bathing suit
- hat for sun protection

DON'T FORGET!

- Sunscreen and lip balm with UPF
- Required medications and their prescriptions
- Prescription glasses and / or contact lenses with spares
- Personal items and toiletries
- Personal 1st aid kit
- Mobile phone charger and cord

Please keep in mind this is only a suggested packing list. Feel free to bring other personal items not mentioned. Remember that proper rain gear is essential to your enjoyment during your trip and, if needed, will keep you happy and dry in the event of unpredictable weather.

To minimise luggage and reduce worries, we recommend you leave expensive and fragile electronic items and other valuable goods at home. If required, we will transport items such as laptops, cameras and other valuable goods such as jewelry. However, we cannot be responsible for the malfunctioning of, damage to, or loss of these or other valuable items either brought from home or purchased on the trip.

Waiver (release of liability)

As required by our insurance company, you'll need to complete the ACMG waiver witnessed by your guide.

[Review the waiver in advance here](#)