

Cycling Tour Pre-departure Checklist

🕒 Accessories

1. Giant Flat Bar Road Bike

2. Meter

3. Water Bottle Holder

4. Comfortable saddle

5. Tail Light

6. Upper Tube Bag

(with left hand and right hand side small bags)

7. Head Light

8. Handle Bar Extensions

9. Helmet



☉ Notices

1. We are fully equipped in our support for cycling tour, which include luggage service, back-up & repair service. We strongly advise effective packing of your luggage to focus on your own necessities and as lightweight as possible.
2. For island-tour and long distance cycling, please kindly be reminded to protect yourself with sunscreen lotion.
3. Please kindly make your luggage as lightweight as possible, preferably no bigger than 21", and keep your valuable things beside you, and avoid placing in your luggage.
4. Pain is inevitable in the ride; please do bring your personal pain-relieving medicine.
5. We suggest you to wash your clothing daily for long distance cycling trip.

	Necessary Items	Optional Items
Daily	<ul style="list-style-type: none"> <input type="checkbox"/> Sunscreen Lotion <input type="checkbox"/> ID Card/Passport <input type="checkbox"/> Money/Credit Card <input type="checkbox"/> Toiletries <input type="checkbox"/> Personal Drug, Medicine, Lotion <input type="checkbox"/> Sporting Sandals/Swimming Suit 	<ul style="list-style-type: none"> <input type="checkbox"/> Insect Repellent <input type="checkbox"/> Eco-Chopsticks <input type="checkbox"/> MP3 <input type="checkbox"/> Washing Powder <input type="checkbox"/> Tanti-Fricton, Vaseline <input type="checkbox"/> Camera/Memory Card/Charger <input type="checkbox"/> Cell Phone/Charger/Battery
Personal Items	<ul style="list-style-type: none"> <input type="checkbox"/> Helmet (You may borrow from us or bring your personal) <input type="checkbox"/> Windproof Sunglasses <input type="checkbox"/> 3 sets of Cycling Jersey <input type="checkbox"/> Gloves <input type="checkbox"/> Cycling Shorts/Tights <input type="checkbox"/> 3 pairs of Socks <input type="checkbox"/> Hard Bottom Athletic Shoes 	<ul style="list-style-type: none"> <input type="checkbox"/> Arm Warmers/Sleeves <input type="checkbox"/> Leg Warmers <input type="checkbox"/> Waist Pouch <input type="checkbox"/> Bath Hat <input type="checkbox"/> Raincoat <input type="checkbox"/> 2 pieces of Bandana <input type="checkbox"/> Windproof Coat <input type="checkbox"/> Water Bottle <input type="checkbox"/> Personal Protector (knee or arm guards...)