

Cycle the Alps

Ultimate cycling adventures in the Alps

Packing List

Bike Equipment

- Road Bike (Please have your bike checked by a mechanic before the trip to be sure that it is in good working order. Good brakes and tires are essential. We also highly recommend having a compact or triple chain ring for the steep climbs.)
- Helmet
- Cycling Shoes
- Sunglasses (We recommend having light and dark lenses, and maybe clear as well.)
- Bike Computer (optional)
- Puncture repair kit (optional) The support vehicles will be available to help with most repairs, but you may not want to wait for help with a simple flat tire.

Cycling Clothes

- Cycle shorts for the number of days of the trip (5 for Chamonix - Nice and 4 for Tour du Mont Blanc)
- Cycling Jerseys for the number of days of the trip
- Leg warmers
- Arm warmers
- Long underwear top
- Light windproof Jacket
- Puffy Synthetic insulated jacket or equivalent (for cold descents)
- Waterproof Jacket
- Waterproof pants (optional)
- Shoe covers
- Socks
- Fingerless cycling gloves
- Full-finger cycling gloves
- Warm gloves (light ski gloves work great for cold conditions)
- Warm Hat (must fit under your helmet)
- BUFF headband/neckgaiter (optional)

Miscellaneous

- Casual clothes (Think warm afternoons and cool evenings in mountain towns)
- Beach Clothes (Chamonix - Nice)
- Comfortable shoes and/or sandals
- Swim suit
- Cell phone (it must work in Europe)
- Sun Block & chapstick
- Chamois crème
- Toiletries (don't forget medications, contacts/glasses, etc.)
- Camera
- Power converters and chargers
- Travel documents: insurance information, passport, cash, credit cards, etc. The best way to get Euros is to use an ATM in Europe. Find out if your home bank has a European equivalent or partner and you can avoid fees (for example Bank of America has a partnership with BNP Paribas and withdraws from a BNP ATM are free of charge).

Luggage

- Day bag 30 liters maximum (you will be able to access this bag at the designated rest stops along the route, this can be a small duffel bag or backpack)
- Duffel Bag 120 liters maximum (this bag will be delivered from Hotel to Hotel and not available during the ride)