

# CYCLING TOUR

## PACKING CHECKLIST

Use this checklist to help you prepare and pack for your cycling tour. You don't need to bring everything listed below but this covers what most riders find useful for a comfortable, relaxed trip.

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### Essential Documents

- Passport or national ID
  - Travel insurance documents
  - Flight / train confirmations
  - Emergency contact details
  - Credit / debit card
  - Small amount of local currency (CZK)
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### Cycling Clothing

- Padded cycling shorts or bibs (2–3 pairs)
  - Cycling jerseys or breathable tops
  - Lightweight long-sleeve layer
  - Windproof or light waterproof jacket
  - Cycling socks
  - Cycling gloves
  - Sunglasses (UV protection recommended)
  - Helmet (if bringing your own)
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### Footwear

- Cycling shoes (flat or clip-in)
  - Casual shoes for evenings
  - Sandals or flip-flops (optional)
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### Off-the-Bike Clothing

- Comfortable evening clothes
  - Light jumper or fleece
  - Sleepwear
  - Underwear
  - Belt / casual accessories (optional)
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### Day-to-Day Riding Essentials

- Refillable water bottle(s)
  - Small backpack, saddlebag, or handlebar bag (bike hire includes bike bags)
  - Sunscreen
  - Lip balm (with SPF)
  - Phone mount (optional)
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### Personal Care & Health

- Toiletries
  - Personal medication
  - Small personal first-aid items
  - Blister plasters or tape
  - Chamois cream (if you normally use it)
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### Electronics & Extras

- Mobile phone
  - Phone charger
  - Power bank
  - Camera / GoPro (optional)
  - Headphones (optional)
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### If Bringing Your Own Bike (If Applicable)

- Bike in travel case or bag
  - Pedals
  - Cycling shoes compatible with pedals
  - Bike multitool
  - Spare tubes / tubeless repair kit
  - Charging cable (for e-bike users)
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### Nice-to-Have Items

- Light scarf or buff
  - Notebook or journal
  - Swimsuit (seasonal / accommodation dependent)
  - Compact umbrella
  - Reusable shopping bag
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### Before You Leave

- Break in new shoes and clothing
  - Check weather forecast
  - Confirm meeting point and arrival time
  - Share any dietary or special requirements
  - Pack lighter than you think you need
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### Final Tip

You'll have access to luggage transfer, so you only need to carry daily essentials while riding. When in doubt, leave it out—comfort and simplicity matter more than overpacking.