



Packing List

Description	√
Tools and Spare Parts (not applicable for supported tours)	
Tire irons and patches	
Pump	
Extra tube	
Tools, e.g. Multi-tool	
Clothing	
Cycle Shorts	
Socks	
T-Shirts	
Long sleeved cycling shirt	
Long sleeved jersey	
Long cycling pants	
Windproof cycling jacket	
Rain gear	
Cycling shoes (or runners)	
Cycling Gloves	
Helmet	
Baseball Cap	
Shoes or sandals for walking	
Underwear, socks, pants, shirts etc. for after cycling	
Toiletries	
Soap and Shampoo	
Toothbrush and toothpaste	
Comb/Hairbrush	
Sunscreen	
Bug Spray	
Shaving stuff	
First Aid kit	
<i>Any personal medication</i>	

Tailwind Touring, 1202 Owen Court, Oakville, ON, L6H 1V3

Tel: 905-842-8861 email: info@tailwindtouring.com

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Miscellaneous	
Water Bottles (2 should be enough)	
Sun glasses	
Books	
Camera	
Maps	
Money	
Pen and Paper	
Travel documents	
Insurance documents	

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