

# Checklist für your cycling vacation

Finally the time has come - the bike trip is coming! But what do I pack?  
The Rückenwind checklist makes your travel planning easier.

## **Clothing**

- shorts
- long pants
- cycling shorts
- socks
- underwear
- short, long shirts
- t-shirts
- rain pants
- sweater
- windbreaker (rainproof)
- peaked cap
- bathing suit
- sleeping clothes
- sneakers/biking shoes
- another pair of shoes/sandals
- bike sandals
- bike gloves
- bike helmet

## **orientation and papers**

- money belt
- Cycling maps
- Cycling guidebooks
- hotel lists and vouchers
- Phrase book if necessary
- identity card/ passport/ railcard
- Money/ EC card/ credit card
- Copies of documents
- writing utensils
- Notebook with addresses
- Cell phone (incl. charger)

## **First-aid kit**

- first aid kit
- Plaster/stretch bandage
- Insect repellent
- clinical thermometer
- disinfectant
- cotton swab
- Aspirin (or similar)

## **Washing and care**

- Shower gel/Shampoo
- Soap
- Comb/Brush
- Toothbrush/Toothpaste
- sunscreen
- shaving kit
- menstrual hygiene
- Lip balm
- Washing powder/washing paste
- Handkerchiefs
- sewing kit

## **Bicycle equipment**

- two separate panniers, rear (if no rental bike is booked)
- one handlebar bag with map compartment (if no rental bike is booked)
- bike lock (if no rental bike is booked)
- Spare inner tube (if no rental bike booked)
- water bottles
- Air pump and repair kit (if no rental bike booked)
- Tools, rags (if no rental bike booked)

## **Other**

- air pressure gauge
- Camera (incl. charger or batteries)
- Sunglasses, cycling glasses, spare glasses if necessary
- flashlight
- literature

The whole Rückenwind team wishes you a perfectly organized cycling vacation!