

**Denver Bicycle Touring Club's
Out-of-Town Tours Recommended Equipment and Clothing List
(August 2005)**

Bicycle and Equipment

- Road, hybrid or mountain bike: Bicycle must be in good condition. It should have new or nearly new tires and tubes—nothing older than three years. It should be completely tuned and checked over by a bike shop. (Note: Do this a couple of weeks prior to travel and test ride prior to leaving.)
- ANSI or SNELL approved helmet to be worn at all times while biking.
- Tire repair kit: two spare tubes, patch kit, tire tools, and pump
- Spare tire: Foldable tires are available.
- Bike tools: Allen wrench, Weatherman Tool; pliers, small screwdriver, wet wipes, plastic gloves or sandwich bags, etc.
- Stiff-soled bike shoes
- Bike gloves
- Water bottle and/or Camelback
- Handlebar or back fender bag
- Lock and cable
- Small first aid kit
- High Energy snack
- Personal information card or driver's license, name and phone number of emergency contact person, and health insurance information

Clothing

- Padded bike shorts
- Bike jerseys, one short-sleeved and one long-sleeved
- Bike socks
- Underwear
- Arm and leg warmers
- Wind vest
- Rain jacket and pants
- Sunglasses
- Sun screen and lip balm with sunscreen
- Chamois Butter
- Clothing and swimsuit for après-biking

Personal Items

- Toiletries
- Personal medication/vitamins and copies of prescriptions
- Travel alarm clock
- Camera and film
- Book and/or writing journal