

PACKING CHECK LIST

This is intended for guidance only. Your total allowance for checked in baggage is usually 23kg (sometimes only 20kg), plus what you take into the cabin (6kg). This includes the bike (usually 12-14kg). **You will be personally responsible for the payment of any excess baggage charges.** Each ounce/gram you take will also have to be pedalled up every hill. The biggest potential for weight reduction are the clothes and toiletries you take (or don't take!) and tools you share with a friend or partner (you will need to check that their tools also fit your bike). Remember that you are also likely to return with souvenirs/presents which will increase your weight on the return flight. **If you need any advice please contact me.**

Documents

- Passport (and a photocopy of the key pages)
- Visa (not required on this tour)
- Air Tickets (these will be forwarded to you)
- Travellers Cheques (not recommended on this tour)/Cash/Credit Card
- E111 (easily obtainable from your local Post Office)
- Insurance details including emergency contact number
- Guidebook(s) (optional as I will have a set with me)
- Phrasebook(s) (optional and usually enough to get by in guidebook)
- Map (will be provided on arrival in Romania)
- Tour Programme

Clothes

- Cycling tops (x2/3)
- Cycling shorts (x2/3)
- Cycling shoes
- Cycling gloves/mits
- Cycling helmet (not compulsory)/baseball cap/hat
- Waterproof and windproof jacket/cape
- Waterproof overtrousers and/or tracksuit bottoms
- Underclothes (x2/3/4/5 – depends how often you wash them!)
- Socks (x2/3 for bike and 2/3 for evening wear)
- T-shirts/shirts/blouses for evening wear (x2/3)
- Fleece/jumper/sweater
- Trousers/slacks/skirt (x1/2) for evening wear/sightseeing
- Trainers/shoes for evening wear
- Nightwear (if you wear any!)
- Swimwear (some hotels have saunas and/or pools)

Personal Kit

- Soap
- Shampoo and other personal toiletries (could buy bulky/heavy items on arrival)
- Towel (optional for swimming – suggest lightweight pack towel)
- Washing powder or equivalent for washing clothes
- Washing line (elastic) for drying (or dental floss - also useful for fixing loose bits on bike etc!)
- Toothpaste and brush
- Shaving kit (shaving oil significantly reduces weight and bulk)
- Comb/brush
- Tampons
- Torch (or use cycle light?)
- Watch
- Alarm (optional – if you sleep in you'll only miss breakfast!)
- Earplugs
- Suncream (we can but hope!)
- Handkerchiefs/tissues
- Toilet paper/large wetwipes (for the road!)
- Sunglasses
- Spare spectacles/lenses (or prescription)

- Small scissors/nail clippers
- Small repair kit - kneedle/thread/safety pins
- Swiss army knife (optional)
- Knife, fork & spoon (optional for picnic lunches)
- Pen & address book/list (to tell them what a good time you're having!)
- Basic first aid kit
- Personal medications
- Wallet/purse
- Day sac/pannier adaptor/bum bag for walks and sightseeing
- Camera, films & spare battery
- Emergency food – to prevent 'the bonk'

For the Bike

- Panniers/Saddlebag/Bar-bag (and plastic bags for waterproofing)
- Bungee straps (optional for securing luggage/panniers or use elastic washing line – see above)
- Water bottles (at least two)
- Pump
- Cycle lock (could share with a friend if long enough)
- Front & rear lights (with spare batteries/or buy in country)
- Bell (optional)
- Speedo (optional)
- Puncture repair kit
- Spare inner tubes and tyre levers
- Spare tyre (folding tyre is best).
- Spare brake blocks
- Spare gear/brake cable
- Spare spoke(s) – rear and front
- Spare chain link
- Tool kit (including everything you need to do basic repairs e.g. screwdriver,alun keys/spanners,rivet extractor/spoke nipple key)
- Oil
- Rag and/or hand cleaner
- Bag/box/pipe lagging/bubble wrap/tape etc for packing the bike for the flight

PLEASE NOTE – BA recommend your bike is in a bag or box. However, if you take your bike without one (my preferred option) you will need to protect it against damage with pipe lagging/old inner tubes and/or bubble wrap and turn the handle bars through 180 degrees, remove the pedals. I also recommend that you either slacken off the pedals at home and/or ensure you remember to take a suitable large spanner (or alun key) to take off the pedals at the airport.

After lobbying from CTC, British Airways have now agreed that we don't need to deflate tyres (but I suggest you don't have them too highly inflated). We carry a copy of their revised regulations with in case the check-in desk is not aware.

Since 7/11 all airlines and particularly those flying out of Heathrow have really tightened up on not allowing anything that could be used as a weapon in the cabin. It is really important that you ensure all knives, scissors, tools etc are put in your checked-in baggage. If not, they may be confiscated and not returned.

The packing list will change depending on your destination and it's climate so use this list as a guideline.