

What to Bring

Our experience with Mexico and with bicycle touring allows us to give you good advice on how to prepare your bicycle and what to bring with you. **These are only suggestions; you may decide that you don't need some items listed here, or you may need something that's not listed.** For example, not everyone uses cycling gloves. If you have experience you may have developed your own preferences, if so, please stick to what works for you. If in doubt, please ask us and we will be happy to advise. Pack light and you will be glad you did. Except for certain bicycle accessories and tools, everything you could possibly need you can also buy cheaply in Mexico.

For Your Bike

Bicycle

You should have a reliable bicycle in good working order. *We recommend having a reputable bike shop give it a tune up before the trip.* At the shop you can also obtain a **bike box** (usually free), and ask them to box it for you if you cannot do it yourself. We will collapse and store your bike boxes at our starting city hotel for use in your flight back home. Your bike may be any bicycle that you are comfortable riding every day. We welcome **all types of bicycle** including but not limited to road, mountain, hybrid, touring, cross, tandem, recumbent and foldable – please inquire if you're not sure. Please make sure to have **good, new street or touring tires** that are 1 to 1.75 inches, or 25 to 44c wide. For 26" wheels we recommend that you use **shradex** inner tubes if possible since presta 26ers can be hard to come by in Mexico. On the bike you will need the following extra equipment:

- sturdy rear rack
- 2 rack bungee cords
- 2 medium panniers (~36 liters total)
- handlebar bag
- front and rear lights and batteries
- 3 large (0.75 liter) water bottles
- rear view mirror

Accessories & Tools

Your guides will carry commonly needed tools and parts to assist with or carry out repairs; if your bike has special requirements please bring your own. Please have handy the tool(s) needed to reassemble your bike out of the box upon your arrival. You may need only a 5mm allen key, but you should pay special attention to this when your bike is being boxed. If you are not sure, please ask us and we will be happy to lend a hand. In addition you should also have the following:

- tools to re/disassemble bike
- packing tape to re-pack bike
- patch kit
- 2 tire levers
- pump
- 2 spare tubes (schraeder or presta?)
- spare spokes (2 back, 1 front)
- chain lube (please bring your own!)
- light bike lock (optional)
- spare rear derailleur hanger (Al frame)

For You

To Wear

Please try to bring along things that serve multiple purposes, for example: a light T-shirt can double as a cycling jersey; or your cycling shoes can double as your walking shoes; your shorts and your bathing suit may be one in the same. You might find it convenient to pack everything in a large **duffel bag** for your flight to our starting city. Leave this and other things you might decide not to ride with at our hotel there. Please pack light:

- helmet (white is best, NOT black!)
- sun / riding glasses
- 2 light white T-shirt
- 2 cycling shorts
- 2 pairs cycling / walking socks
- cycling gloves
- cycling / walking shoes
- flip flops / sandals
- fanny pack / bum bag (for valuables)
- underwear
- 1 pair walking shorts
- bathing suit
- 1 shirt
- light windbreaker / rain-jacket
- light fleece / jacket
- 1 pair light pants or slacks
- sun hat / bandanna

Note that you need to pack some warmer clothes for tours that are in the mountains.

Money & Documents

- valid passport
- bank (ATM) card (most useful for \$)
- credit card
- traveler's cheques (US\$) for emergency
- US\$40 emergency cash
- 600 pesos cash
- airline tickets
- medical insurance

Toiletries & 1st Aid

- lip balm (with sunblock)
- SPF 15 - 30+ sun block
- small towel / camp towel
- toothbrush, toothpaste
- comb / brush
- razor / scissors
- other personal hygiene products
- glasses / contact lenses, solution, etc
- ear plugs (you'll be glad!)
- acidophilus
- multi-vitamins, iron supplements (women)
- pain reliever (Advil / Aspirin)
- anti-histamine (Benadryl / Reactine)
- Imodium / activated charcoal pills
- Gravol / Dramamine
- anti-bacterial ointment
- Band-Aids
- prescription medicine
- insect repellent

Miscellaneous Items

- bowl and spoon
- emergency food (i.e.: power bars, nuts)
- Swiss army knife
- Spanish-English dictionary / phrase book
- zip-lock bags
- garbage bags
- camera, film, batteries
- notebook, pen / pencil
- book to read
- alarm clock
- sewing / general repair kit
- travel clothes line, clothes pins

Camping Equipment (optional)

If the tour requires any camping there are some additional items you will need. Some tours have a little *optional* camping but it's **never required**. Please check the tour details. A tent is only required in the unlikely event of rain or if we are in a buggy area. Bring a **small light tent**, or a **tarp** or arrange to share. Also bring:

- sheet sleeping bag / liner (silk is best)
- summer sleeping bag (+15°C or 60F)
- 3 season bag for higher altitudes (0°C / 32F)
- sleeping pad