

THE GFNY CYCLING TRAVEL CHECKLIST



GFNY has been gathering travel experience for over ten years. To help ensure you'll have all you need, GFNY's travel-pro Chris Geiser put together the ultimate travel checklist.

- Always be ready for all kinds of weather and prepare clothing options for both on and off the bike
- Be sure to bring your floor pump, spare tires, spare tubes, and tools.
- Be ready for any weather: bring an emergency mylar blanket, extra headgear, extra gloves, extra cover socks.
- Don't forget your preferred sports nutrition.
- If it's pouring at home, you probably won't go out for a ride. But if you travel to a race, you will probably start, even if the weather is bad. So, make a tough day a little easier by having the right gear.
- To be on the safe side, pack a set of clothing, cycling shoes, pedals and helmet in your carry on, just in case any of your luggage gets lost or delayed. If you are really picky with your saddle, don't check it in either.

BY CHRIS GEISER

ITEM	DEPARTURE	ARRIVAL	RETURN	BAG
Pedal wrench	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Torque set	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
T-Handle torque wrench	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Saddle bag with tire levers and Co2 head unit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
REMOVE CO2 CARTRIDGES FROM BAG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
TSA Key for bike box	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
BIKE ESSENTIALS				
Floor pump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare tires	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Bike bottles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare handlebar end caps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare derailleur hanger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare spokes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

ITEM	DEPARTURE	ARRIVAL	RETURN	BAG
Spare pedals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare cleats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
CLOTHES				
Helmet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Fingerless gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Wool gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Heavy winter gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Cover shoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
No show socks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Wool socks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Winter bib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Bib shorts: 1 per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Jerseys: 1 per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

ITEM	DEPARTURE	ARRIVAL	RETURN	BAG
Cappellini	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Rain jacket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Winter jacket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Base layer: 1 per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Sunglasses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Face cover	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

ELECTRONICS AND CREATURE COMFORTS

Bike computer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Charge cable for your bike computer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Backup heart rate strap and charger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Charge cables for lights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
AAA batteries for power meter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Power converters for destination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

ITEM	DEPARTURE	ARRIVAL	RETURN	BAG
Camera cables for both battery and data exchange	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Camera accessories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Extra phone cables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare battery back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Laptop charge cables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Laptop or tablet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Laptop video cable and dongle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Headphones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Entertainment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

VITAL INFORMATION

Passport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Scan your passport Credit or debit cards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

ITEM	DEPARTURE	ARRIVAL	RETURN	BAG
International driver license	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Your American driver license	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Doctors release	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Racing license	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Provide your itinerary to a friend or family member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Email to self with confirmations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Add tickets/voucher to phone wallet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Car keys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Airport parking lot ticket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

SO YOU ARE READY TO SEE THE WORLD – on your own bike! You have just taken your first pedal stroke into a larger world, and ironically at the same time, made the world a slightly smaller, and better place. If I just blew your mind – don't worry. We are here to make sure that we put you back in order.

A few years ago, I read a book called *The Checklist Manifesto* by a prominent Boston surgeon named Atul Gawande. The lessons of the book were simple, and somehow amazing. But it really boiled down to this:

By simplifying those things that are under your control, you achieve the time and space to innovate, create, and enjoy.

These words are my interpretation of Gawande's book, but they ring true in my work life and cycling life. If you are stressed about a particular item, lean into it. Master it. Control it. Own it. This was also the point, as I mentioned in other missives, of *Zen and the Art of Motorcycle Maintenance*. That preparation is its own reward.

Now to cycling. When we are prepared, we have a better ride. ALWAYS. Things that we control are leaned into. Mastered. Controlled. Owned. That puncture at kilometer 42, well, you maybe can't control how that happens. But you can be ready to get back on the road in under five minutes if you have prepared correctly. What you are thinking about on the road, is cycling. The adventure. Everything you have been preparing for. Not the minutiae of what you may have forgotten.

And that's why we're here. With everything we covered on travel in the past year, I have had so many inspiring conversations with others on how they prepare. And for the last few races, events, and trips, I have been using and refining the

same checklist (mentioned in our previous article), to make sure that we are controlling what we can and leaving the rest to the great magnet.

And now to the checklist, which is shared as a suggestion. I have tried to be general, so that you can add your own personal flavor to it, and have concentrated on the essentials. For instance, under creature comforts – I have included "head-phones". If you can't sleep without your Teddy Bear, or in anything but your Batman pajamas, those are things you need to add under creature comforts. I can't add those for you – but I would probably be willing to pay a tidy sum to find out what they are. Additionally, I have outlined my own use of checklist management software for a number of reasons.

1. I can't read my own hand writing
2. The cloud allows me to access my checklist from my laptop, my tablet, my phone
3. It's easy, obvious, and attractive to not only add things to the checklist, but also to check them off, and re-use them and refine them as you evolve your cycling travel approach.
4. You will want to use the checklist when packing, unpacking, repacking, etc...having it digitally may help you move more quickly. Especially if you are somewhere that you can't print a new copy.

This should not be read as an endorsement of any particular platform, or approach, but conceptually – you get it, it's tidy, it's available, it's easy.

One more piece of good news, if you are the analog type, we have assembled a printable version of this checklist in this article, so that you can use, recreate, and maybe put inside your bike box.



SECTION 1: TOOLS – BECAUSE YOUR BIKE NEEDS TOOLS

For tools, I like to have the proper bit for anything, everything that may need tightening, loosening, or adjusting. With all due respect to the technology behind adjustable wrenches – they eventually strip bolts, destroy heads, and create problems. Someone designed the parts with a particular sized bit in mind. Use it. Here is the checklist for tools, that won't weigh you down, and allow you to manage and service your bike along the way:

Pedal wrench – could be an 8MM hex, a 6MM hex, or the old-school spanner type wrench (see photos) – know before you go. Test taking your pedals on and off. If this is your first time, they may have set in a little, and may require some lubrication to back them out.

Torque set – I use a torque set that has bits for each part of my bike and fits into a handy wallet. It's super handy for getting to hard to reach places, and ratcheting things to the right level of tight.

T-Handle torque wrench – an essential with the bit sizes for your seat post and your handle bars at a minimum. This way you can ensure that you won't crack your frame or bars by over tightening, and you won't have an embarrassing incident where your handle bars slip down to the level of your under-pants while climbing to the Temple of Jupiter.

Saddle bag, or tool bottle that fits in your second cage, with tire levers and Co2 head unit – you can't bring the cartridges, but you can bring the fitting that goes to your tire valves. Having this in your tire change kit, whether it be a sleek saddle bag, or a wallet that fits in a jersey pocket, make sure you have this essential on every ride. If you don't like the awkwardness of a saddle bag, you can stuff these items in your jersey on race day.

REMOVE CO2 FROM SADDLE BAG – Yes, we have a checklist item for taking something out of your bag. You can buy cartridges when you land at the local bike shop.

TSA Key for bike box – if your bike box locks with a TSA lock – make sure you take your key. Even though you might not lock it, they might, (they did on me once), and you will need the key to open it.

Small needle nose pliers with clippers (for zip ties) – always handy for putting your race number on, and removing it after to go with your finisher medal in your display case at home.

Some add-ons I take: cassette remover, replacement cables, army knife (leatherman style), cable cutter, grease, oil, worker gloves (look for Goodyear leather gloves), a few basic extra screws, electric tape, duct tape, fabric tape, chain tool.



SECTION 2: BIKE ESSENTIALS – BECAUSE AFTER ALL, IT'S A BIKE TRIP

Floor pump – we outlined this in the last article, but, you have my promise that it is absolutely worth it.

Spare tubes (3) – that's right – at least three spare tubes, or enough to make you feel comfortable (more than 3). It's worth it to have what you like, and the valve size you need. You can always buy them where you get cartridges, but packing 3 to start is a good idea.

Spare tires – I do this for long trips, to make sure that I have the tires I want at the price I want to pay. If for any reason you rip a sidewall during a training or warm up ride, having those tires will provide you with piece of mind.

Bike bottles – I bring more than two. I realize that's extra room, but just in case one bounces out of your cage on a training or group ride, you have another.

Spare handlebar end caps – this is essential. If your caps are lost or fall out, you will want to make sure that you have end caps for your event. The damage handle bars can do to you without these is unthinkable.

Spare derailleur hanger – another one of those piece of mind items. The hanger is there to make sure that your derailleur survives, but it is specific to your bike. It's small, light, and worth it.

Spare spokes – A broken spoke can ruin a ride, especially if you have special wheels that the spokes may not be available at a local bike shop for. Know before you go how easy it is to replace your spokes. They are generally inexpensive and a skilled mechanic can replace them quickly if they have the part.

Spare pedals – I am a complete nutter when it comes to my pedals, and having a backup set doesn't add too much weight, or take up too much room.

Spare cleats – the above said – I have had to translate “do you have these cleats” into multiple languages. Don't be that guy. Cleats wear out. Having a spare set could save you need-less heartache. Conversely, a cleat that won't stay clipped, makes a tough climb.

Spare chain

Rags for cleaning

Crank remover

Ass savers

Zip ties

BB tool Various straps



SECTION 3 :

CLOTHES – PREPARATION FOR THE ELEMENTS AND ESSENTIAL TO COMFORT

Focusing in on everything you will need for riding, exploring, and maybe a posh night out. Know where you are going. Check the weather, and whatever it says – subtract 3 degrees Celsius/ 10 degrees Fahrenheit for whatever it says in Winter. Add the same amounts for whatever it says in summer. And remember, it rains EVERYWHERE. (With the possible exception of Borrego Springs, California, when you really, really, need it).

CLOTHES

Helmet – don't leave home without it. While you are packing it, check it for cracks or wear. Pro tip – bringing the helmet as a carry on item will ensure it stays with you and protect it from getting damaged bouncing around in your checked luggage, and you will have it if your checked bag misses a connection.

Fingerless gloves – providing protection and cushion to your hands, and they may save you some pain and blistering on rough surfaces like cobbles, limestone, or gravel. In more extreme ascs they may save you from serious road rash or burns if you should hit the deck.

Wool gloves – a good first line of defense against colder temperatures, can go on above your fingerless, and keep your finger tips warm.

Neoprene rain gloves – Because, when you gotta, you gotta. Nothing can ruin a ride faster than cold or frostbitten fingers, except maybe....

Cover shoes – except maybe cold or frost bitten feet. A good set of cover shoes can keep the moisture out, and the warm in. There are four kinds – bring at least two (understand the weather to know which):

- Lycra
- Socks
- Rain booties
- Winter booties

No show socks – Maybe you aren't ready for this yet. But if you want to be a trend setting cyclist, go for the no-show! Let's see those bulging Achilles tendons – and because nothing is more aero, than nothing! The pros will be there soon, and you will be able to say you read it here!

Wool socks – a great complement to your cover shoes, they will keep your feet insulated and your toes warm.

Winter bib or leg warmers – depending on the weather – 1 per day if you are expecting to need coverage on your legs for every ride. The key here is to know what you are comfortable in and go that route.

Bib shorts: 1 per day – another “know before you go” item. If you will have access to laundry facilities, you maybe need less than one per day, but as a general rule, don't wear the same



bib shorts twice without washing. But you knew that.

Jerseys: 1 per day – Same rules apply here. And if you have ridden almost 10 GFNY's you have one for every year, and every country you have ridden in. They roll up nice and I can fit almost GFNY European Championship series, plus my GFNY black jersey into one compartment bag.

Cappellini – or a sweat band – something to keep the sweat out of your eyes, and the sun off your head.

Shoes – I have included the cell phone number of the GFNY Italia ambassador, who can tell you what happens when you don't have your shoes on race day.

Rain jacket – Pop quiz – where does it rain? EVERYWHERE – good – you are learning quickly. #Impressive

Long sleeve jersey – another in our “first line of defense series” when a jacket is too much and just base layer and a jersey is too little.

Winter jacket – Needless to say you may not need this at GFNY Cozumel – but you know what – I PACKED IT ANYWAY! Because the right cycling jacket provides piece of mind and doesn't cost much in terms of room or weight.

Base layer: 1 per day – the one a day and laundry rules apply here. But if you are going to a climate where you would need winter bibs or a long sleeve jersey, it makes good sense to pack the base layer. There are also great base layers for summer with wicking power that keep you comfortable underneath the jersey.

Sunglasses – makes sense to have two pairs, one for travel, one for cycling. Pack the cycling glasses in your carry on, so that they are not lost or damaged during the rigors of airports, taxi's or trains.

Buff / face cover – If you are riding through dust, gravel, or cobbles, or if you are riding in cold temperatures, a face cover or bandanna type thing is handy for keeping your face warm, or keeping the muck out. Editors note – especially handy when climbing long mountains for keeping the flies from going in your mouth as you

make your way up the climb slowly but surely. Pack 3 they are light!

First aid / health / nutrition – the things you need every day **Gels** – I am not sure I can think of too many other things that are more personal. Your nutrition is what you have been dialing in all season in preparation for the trip you are taking. Don't leave it to what is available in another country that you haven't tried.

Electrolyte tablets / mix – same here. What you like at home, may not be available on the road.

Nutrition bars – and again.

Sunblock – always an essential part of personal safety and health. It will keep you from baking on the ride, and developing heat stroke as a result of a burn.

Topical anti-biotic – what I personally use and what I know works for things like saddle sores, is not always available in the same form or strength abroad. Trust me on this one, have it, it's worth it.

Band aids – Zen and the art of your own maintenance demands that you be able to fix yourself up from minor cuts and scrapes that may be a result of something as ridiculous as cutting yourself with a bread knife. (Please see the Italian Job part I)

Gauze tape – and again on first aid, but also worth it for other uses that you may not have thought of.

Any medication – cannot stress enough that you take this in your carry on or on your person. Filling a home prescription abroad is no mean feat.

Toiletries – fill in the blanks here on what your essentials are but add them to your list individually.

Electronics and Creature Comforts – the stuff that you don't need to ride but you don't want to be without

Bike computer – if your data is important to you – make sure you have this on the list. I have found it's an easy item to either forget or think that you forgot.

Charge cable for your bike computer – otherwise, it's maybe not as useful

Heart rate strap – well if you are collecting data.



Backup heart rate strap and charger – what kind of a dork has two. Me, that's who. But yes, I am a dork.

Front light – some races require it, and it doesn't hurt to have it from a safety perspective.

Rear light – and same here.

Charge cables for lights - otherwise, they are maybe not as useful

AAA batteries for power meter – if you are into that kind of thing. #dorkAlert #busted

Camera (if other than your phone)

Camera cables for both battery and data exchange with a laptop or tablet.

Camera accessories – selfie sticks, spare data cards, whatever your camera needs to make you happy. But list them out individually.

Extra phone cables – I like to have at least one in every bag. That way if any one thing is not with me, I have back up.

Spare battery back – you will thank me on this one, as I have thanked my friend Aleksandra many times. Finally, I put it on the list.

Laptop charge cables – because your laptop won't be useful without this.

Laptop or tablet – who knows what you need to do on the road. I personally take my work laptop, and my tablet. One is all business, and the other is my TV/Infotainment system.

Laptop video cable and dongle (if you are not yet Bluetooth equipped) – for offloading camera photos and footage.

Headphones – noise cancelling or otherwise, you want these for your airplane time, time alone, but not for while you are

riding.

Reading – you may be an e-reader type of reader, or a magazine reader, whatever it is, have it with you and loaded with content for those times you are off line

Entertainment – if you don't do the streaming thing, and if you won't have wifi access, it may be worth downloading a few movies, or a binge-worthy series to your phone tablet or laptop, to pass the time on a flight, or in between flights, or while resting up for the big race.

Vital information – can't travel without these things! Last but certainly not least, there are some things you just can't travel without. Make sure that you have all this figured out before you leave for the airport. While these seem obvious, you would be amazed at how often arrival at the airport can turn into panic over one of these items.

Passport – double check your expiration date when you book your flight. If you need to update it you may need to expedite it if you are close to your boarding date.

Scan your passport – provide a copy/image to a family member that will be at home, and have a copy of your passport image on your phone. Once you do this, it will be easier for the American Embassy where ever you are to help you if your passport is lost. Make sure that your passport image makes it to the cloud. Either through your phones photos app – or through a storage account. If you don't have a photos app or storage account, you can email it to yourself but this is less secure but accessible when if you need it.

Credit or debit cards – if possible check with your bank and see if they need a heads up that you will be out of the country. You will need a card with a chip in Europe for most things.





Use a debit card that is hooked to an account that is only used for travel purposes, as opposed to your main account.

Cash – having a stored c-note (\$100) in a safe place like your passport wallet can save your bacon in a tight spot where there are no cards allowed. Also – it's always a great idea to have a ready supply of singles and fives to use in tipping.

International driver license – if you are going to be renting a car and driving in Europe, any AAA office should be able to issue you an international driver license. This is basically just a translator document of your driver license for use by the police in a traffic stop or emergency. The rental companies will rarely look at it, but the police may ask for it, and it is worth having if they do.

Your American driver license – both as a backup ID to your passport in an emergency, and if you are driving you will need to have it for the car rental companies, and police.

Doctors release – when racing in countries such as Italy, or France, the race federations require that you have certification from your doctor that you are fit to race, and it will need to be current. If you are racing a GFNY event, you will get an email explaining that you need to have this. For other events check with the organizers just in case. Or see below about the international USAC license.

Racing license – if you have an international license, it's worth it to have it loaded in the USAC app. If you have your domestic license, and are racing within the USA, also worth it to have the USAC app. The International USAC license will relieve you of the burden of a doctor's note and also provide you with some extra insurance. If you race in multiple countries per year, it's a no brainer.

Provide your **itinerary** to a friend or family member so someone at home knows where you are and when.

Send an email to yourself with all of your confirmation numbers, flights, hotels, car rentals, and anything else.

Add **tickets/voucher bar codes** to your phone's wallet app whenever available.

Car keys – put them in a safe place.

Airport parking lot ticket – put in a safe place or leave in the car. If you are leaving from any of the three New York City airports, prepaying the parking WILL NOT get you out of the lot faster. In fact, if the pre-pay machine swallows your ticket (four times – YES – FOUR TIMES), it will only slow you down.

And there you have it. The ultimate cycling adventure checklist. Knowing you have what you need will allow you to focus on your enjoyment, and your race experience. You can use the checklist for packing, and then for unpacking, so that you know that you brought X, Y, or Z when you arrive, and so that you know to re-pack it as you get ready to head home. Having the complete inventory will have you traveling like a pro in no time! We have included a print-out version of the checklist on the next few pages.

Consider using the checklist before you depart, when you arrive and unpack, and when you repack. As you do this a number of times, refine your checklist to include thing that you may want to add, or things you might want to subtract. With each item, noting which of your bags it is packed in, will allow you to narrow your search if you, for some reason, can't find something on arrival. ●