



Bicycle Day Touring Checklist

Ready for a day of cycling? Use our comprehensive gear list so you don't forget anything important. Note: This list is intentionally extensive. Not every cyclist will carry every item on every ride.



The Two Essentials

- Bike
- Helmet



Cycling Accessories

- Hydration pack
- Water bottles with cages
- Saddle (underseat) bag
- Cycling computer and/or GPS
- Mirror (for handlebar or helmet)
- Headlight
- Taillight (with blinking option)
- Sidelights (attached to spokes)
- Lock
- _____



Clothing

- Wicking jersey or top
- Padded shorts or tights
- Gloves
- Rainwear
- Stowaway wind jacket
- Insulation layer(s)
- Footwear suited to bike's pedals
- Cycling socks
- Neck gaiter/bandana/skullcap
- Weatherproof, full-fingered gloves
- Arm/leg warmers
- Visibility vest
- _____



Personal Items

- Eye protection (sunglasses or clear lenses)
- First-aid items (see our *First-Aid Checklist*)
- Medical info/emergency contact card
- Toilet paper or tissue
- Sunscreen
- Lip balm
- Insect repellent
- Performance food/gels/drinks
- Snacks for kids
- Chamois cream
- Small, quick-dry towel (for cleanups)
- Baby wipes (popular for cleanups)
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- _____
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- _____
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- _____



Other Options

- Map (if in unfamiliar area)
- Guidebook or route description
- Cellphone
- Camera
- Lunch
- Tire pressure gauge
- Patch kit (and/or spare tube or tubes)
- CO2 inflator (with cartridge)
- Valve adapter (Presta to Schrader)
- Cash/credit card/photo ID