

PACKING LIST

ESSENTIALS

1. Passport: be sure is valid for the next 6 months.
2. Local currency: also contact your bank/credit card to notify the upcoming trip
3. Emergency contacts: has been provided it on the travel information format but please have those contact on hand.
4. Health insurance information: we provide a health insurance in every trip but also strongly recommended have your own insurance.
5. Medications
6. Please limit your luggage to one medium-sized suitcase (16 kg) and one carry-on (under 10kg): this apply for almost all air companies.
7. Cell phone and charger
8. Photography gear and charger
9. Power/plug adapter: In Colombia the power plugs and sockets are of type A and B. The standard voltage is 110 V and the standard frequency is 60 Hz. You can use your electric appliances in Colombia, if the standard voltage in your country is in between 110 - 127 V (as is in the US, Canada and most South American countries).
10. Toiletries
11. Sunscreen, sunglasses, and other sun protection gear
12. Insect repellent

What we provide:

1 Gravel /MTB bike (or bring your own)

1 Helmet (or use yours)

1 bottle (750ml)

1 Cycling – Journeys gift

Snacks: we will provide snacks and water to be hydrated but if you use specific products (energy bars, salt pills, caffeine gels) please bring your own.

PACKING LIST: GEAR, APPAREL AND TRAVEL ITEMS

On the Bike

1. Cycling jerseys or athletic shirts: enough of them for the trip
2. Cycling shorts: Bibs or padded shorts
3. Cycling shoes: Only if you bring your own pedals

4. Sneakers or hiking shoes: we recommend hiking shoes. (if you don't bring your own pedals)
5. Athletic socks
6. Arm/leg warmers: helps to protect against the sun
7. Lightweight, waterproof, wind-resistant jacket or vest
8. Bike gloves
9. Bike saddle/cover (if you prefer your own)
10. Sunglasses: give you extra protection anytime
11. Lightweight headband or buff
12. Chamois cream

Off the Bike

1. Hiking shoes: Best choice for day by day activities
2. Long and short-sleeved shirts, including hiking-walking apparel
3. Sweater/jacket for evenings
4. Hat
5. Dinner attire (dressy casual/sporty)
6. Swimsuit (Depends on the trip)

BIKE AND GEAR

We included gravel/MTB bikes on our journeys. Why gravel? No restrictions! A versatile and multifunctional bike, paved and unpaved roads can be ridden on a gravel bike, they have the specific design to offer comfort on the saddle even in long journeys, on the other hand Colombia is home of at least 142.300 km (88.421miles) of gravel roads, this kind of bikes are the perfect weapon to reach places that might not even appear on a map!