

PREPARING FOR YOUR TOUR

FINAL PREPARATION GUIDE

bikestyle
TOURS

YOUR FINAL PREPARATION CHECKLIST

Use this guide in the final weeks before departure. It is designed to be practical, easy to scan and helpful while packing.



PACKING

What to bring, what to keep light and what guests often forget.



BIKE SET UP

Own bike preparation, hire bike items and sensible equipment choices.



SPECTATORS

Phones, eSims, WhatsApp, charges, power banks and adapters.



TECHNOLOGY

Phones, eSims, WhatsApp, charges, power banks and adapters.



RIDE FILES

Ride With GPS, Garmin, Wahoo and map preparation.



MONEY

Cards, cash, spending money and tipping guidance.



TOUR LIFE

Laundry, luggage, hotels, day bags and simple daily routines.



FINAL CHECKS

The key travel, riding, spectator and technology items to be packed

FINAL WEEKS

ARRIVE ORGANISED, NOT OVERLOADED

The final weeks before a cycling tour are about checking details, preparing calmly and avoiding last-minute panic. You do not need to bring everything you own, and you do not need to chase sudden fitness gains.

Keep riding consistently if you are joining us on the bike, prepare your gear, confirm your travel documents and leave enough time to solve small issues before you fly.

If you are joining us as a spectator, focus on comfortable clothing, weather protection, walking shoes, phone charging and the items that will help you enjoy long days of race viewing, sightseeing and travel.

Simple goal: Arrive rested, organised and ready to enjoy the experience, rather than tired from panic training or stressed by rushed packing.



SEPECTATOR GUESTS

MORE THAN WATCHING A BIKE RACE



Many Bikestyle Tours guests join us as spectators, non-riders or travelling partners. Your experience is an important part of the tour, not an afterthought.

Spectator guests enjoy a unique mix of professional cycling, local culture, race atmosphere, sightseeing, regional food and wine, scenic travel and time to explore beautiful destinations along the route.

Depending on the tour and the day's logistics, spectator guests may travel in our coach or support vehicle, meet riders at selected locations, visit race viewing points, explore historic towns, enjoy local attractions or take part in non-cycling activities included in the itinerary.

Tour-specific details: Your final itinerary will outline the spectator arrangements for your tour. These may vary depending on race schedules, road closures, hotel locations and local access conditions.

PACKING

PACK LIGHT, PACK SMART

Helpful reminder: Keep important medication, travel documents, a change of clothes and essential riding items in your carry-on luggage where possible.

You will be moving between hotels and sharing vehicle space with other guests. Packing light makes travel days easier and helps our team manage luggage efficiently.

As a general rule, bring one main suitcase or travel bag, plus one day bag of around 20 litres for items you may need during the day.

CYCLING GEAR

- ☐ Cycling Kit x 2
- ☐ Helmet, check for cracks
- ☐ Cycling shoes and cleats
- ☐ Cycling glasses
- ☐ Cycling Socks
- ☐ Short & long finger gloves
- ☐ Rain jacket or shell
- ☐ Vest or gilet
- ☐ Arm & Leg warmers
- ☐ Base layers
- ☐ Chamois cream

CASUAL CLOTHING

- ☐ T-shirts or casual tops
- ☐ Casual shorts
- ☐ Casual pants, skirt / dress
- ☐ Jumper or sweater
- ☐ Light rain jacket
- ☐ Walking shoes
- ☐ Sandals or thongs
- ☐ Socks and underwear
- ☐ Sleepwear
- ☐ Swimmers, if useful
- ☐ Hat, Cap

TRAVEL ESSENTIALS

- ☐ Passport and travel docs
- ☐ Travel insurance details
- ☐ Toiletries
- ☐ Sunscreen
- ☐ Travel wipes
- ☐ Power adapters
- ☐ Chargers and power bank
- ☐ Small umbrella
- ☐ Laundry liquid and clothesline
- ☐ Medication and prescriptions

LUGGAGE & LAUNDRY

MAKE TRAVEL DAYS EASY

You are responsible for your own luggage, although we transport luggage between hotels during the tour. Please keep your main bag manageable and clearly identifiable.

Your day bag should hold items you may need during the day, such as a rain jacket, spare layer, snacks, phone, charger, medication and wallet.

For spectator guests, your day bag is especially important on race days, as you may be away from the hotel or main luggage for several hours.

Laundry opportunities vary by tour and location. Some hotels may be near self-service laundromats, but you should also be prepared to hand wash cycling gear or light clothing in your room.



Quick laundry tip: After hand washing, roll wet clothing inside a clean towel and twist gently to remove excess water, then hang it on a portable clothesline overnight.

BIKE PREPARATION

PREPARE YOUR BIKE BEFORE YOU TRAVEL

Your bike needs to be safe, reliable and suited to the riding you plan to do. If you are bringing your own bike, have it serviced by a qualified mechanic before departure and test ride it before packing.

OWN BIKE CHECKLIST

- Service your bike before travel.
- Fit suitable tyres with good puncture resistance.
- Check brake pads and braking performance.
- Check chain, cassette and chainrings.
- Check cleats and bolts.
- Confirm your gearing is suitable for climbing.
- Pack a spare derailleur hanger.
- Bring spare tubes, tyre levers and any personal spares.

HIRE BIKE GUESTS

If you are hiring a bike, we will prepare your bike using the information provided before your tour. You should still bring the personal items that make the bike feel familiar.

- Pedals
- Cycling shoes
- Helmet
- Bike computer and mount
- Chargers
- Lights, if you use them
- Saddle, if preferred

Do not leave bike setup until the last week. New equipment should be tested before travel, especially shoes, cleats, saddles, tyres and gearing changes.

BIKE DETAILS

SMALL CHOICES MATTER

A few sensible equipment decisions can make your riding more comfortable and reduce the chance of avoidable mechanical problems.

Tyres

Choose reliable tyres with good puncture resistance and grip. Avoid starting a tour on worn tyres. If you fit new tyres, ride them before travel to check they are seated properly and comfortable.

Brakes

Long descents place extra load on braking systems. Check pads, rotors or rims before travel. If you replace disc brake pads, bed them in before departure.

Gearing

Many Bikestyle Tours include climbs that are longer or steeper than guests ride at home. Speak with your mechanic about suitable gearing for climbing, especially if you are planning the longer or harder ride options.

Bike Cases & Bags

If you travel with a bike case or bag, make sure it is clearly labelled. On many tours, bike bags are stored during the trip and returned at the final hotel or end location. Specific instructions will be provided by email where relevant.

TECHNOLOGY

STAY CONNECTED ON TOUR

Your phone is an important travel tool. It helps with communication, maps, photos, banking, translation, ride files and emergency contact.

Before departure, check your international roaming options or consider an eSIM or local travel SIM. Make sure your phone is unlocked if you plan to use a different SIM.

WhatsApp is commonly used for simple group communication on tour. Your tour-specific WhatsApp details will be shared close to departure or at the start of the trip.

Spectator guests often spend long days taking photos, navigating towns, checking meeting locations and communicating with the group. A portable power bank is highly recommended, particularly during race days where charging access may be limited.



Before you leave: Install key apps, update passwords, check storage space, back up your phone and test your chargers.

TECHNOLOGY CHECKLIST

CHARGE, SAVE, TEST

Ride ratings are designed to help you compare options and make a sensible decision. They are a guide only, as conditions on the day can change how a ride feels.

PHONE

- Check roaming or eSIM options.
- Install WhatsApp.
- Save emergency contacts.
- Clear storage for photos and videos.
- Download offline maps if useful.

CHARGING

- Bring power adapters.
- Pack charging cables.
- Bring a power bank.
- Consider a compact multi-port charger.
- Charge lights and bike computers.

RIDE DEVICES

- Update Garmin, Wahoo or bike computer.
- Check mounts and sensors.
- Bring charging cables.
- Test ride file uploads before travel.
- Pack spare batteries if required.

SPECTATORS

- Keep your phone on charge on race days
- Save hotel and guide contacts
- Download key maps
- Bring postable charger
- Allow storage space for photos and videos

PREPARE FOR DIGITAL RIDE ROUTES

Many Bikestyle Tours use digital ride files and interactive maps. Your specific ride links and route details will be sent with your final itinerary or tour emails.

RIDE WITH GPS

Create or check your Ride With GPS account before departure. This makes it easier to access route collections when they are shared.

GARMIN & WAHOO

If you use a bike computer, make sure you know how to send route files to your device and confirm your device software is up to date.

PHONE MAPS

Your smartphone can be a helpful backup if you lose contact with a group or need to find your location during the day.

Tip: Do not wait until the first ride to learn your device. Practise loading, opening and following a route before you travel.

MONEY & SPENDING

BRING A SENSIBLE MIX

Many major tour inclusions are covered as part of your trip, but you should still plan for personal spending. This may include some meals, drinks, coffee stops, snacks, souvenirs, laundry, taxis or additional activities.

A travel card, debit card or credit card with low international fees can be useful. It is also worth carrying a small amount of local cash for situations where cards are not accepted.

Keep backup cards separate from your wallet where possible, and make sure your bank knows you are travelling if required.

Spectator guests may wish to carry a little extra cash or card access for cafés, museums, local attractions, markets or independent sightseeing during free time.



Tipping: Bikestyle Tours guides do not expect tips. If you choose to tip, it is appreciated, but never required.

SMALL HABITS MAKE EACH DAY EASIER

Once the tour begins, simple routines help you stay organised and ready for each ride day.

BEFORE EACH RIDE

Be ready on time, fill your bottles, pack your day bag, check your phone and make sure your ride items are charged and ready.

AFTER EACH RIDE

Remove valuables from your bike, recharge devices, wash bottles, prepare clothing and check what you need for the next day.

SPECTATOR DAYS

Bring comfortable walking shoes, keep your day bag with you and allow flexibility as road closures, race schedules and local conditions may affect timings.

HOTEL ROUTINE

Keep your luggage organised, prepare laundry early where possible and allow time for meals, briefings and recovery.

Water bottle reminder: Wash your bottles regularly. Dirty bottles are one of the easiest ways to get sick while travelling.

BEFORE YOU LEAVE HOME

FINAL DEPARTURE CHECKLIST

Work through these items in the final week before travel.

TRAVEL

- ☐ Passport packed
- ☐ Insurance details saved
- ☐ Flight and hotel details saved
- ☐ Emergency contacts saved
- ☐ Bank cards checked

SPECTATORS

- ☐ Walking shoes packed
- ☐ Weatherproof jacket packed
- ☐ Day pack ready
- ☐ Portable charger packed
- ☐ Hat and water bottle packed

BIKE & RIDING

- ☐ Bike serviced or hire bike confirmed
- ☐ Pedals packed
- ☐ Shoes and helmet packed
- ☐ Bike computer and chargers packed
- ☐ Riding kit checked

TECHNOLOGY

- ☐ Phone roaming or eSim sorted
- ☐ WhatsApp installed
- ☐ Power adapters packed
- ☐ Power bank charged
- ☐ Route or map apps checked

FREQUENTLY ASKED QUESTIONS

FINAL QUESTIONS BEFORE YOU TRAVEL

How much luggage should I bring?

Pack as lightly as practical. One main suitcase or travel bag and one day bag is ideal. You will be moving between hotels, so manageable luggage makes life easier.

Do I need cash?

Yes, a small amount of local cash is useful. Cards are widely accepted in many places, but cash can help with small purchases, cafés, laundry or locations where cards are not accepted.

What should hire bike guests bring?

Bring your cycling shoes, helmet, pedals, bike computer, charging cables and any personal items such as your preferred saddle. Specific hire bike details will be confirmed by email.

Will I receive exact ride files?

Yes, ride links and itinerary-specific route information will be shared separately through your tour emails or final itinerary.

Should I train hard in the final week?

No. Keep moving, but avoid panic training. Arriving fresh, healthy and organised is far better than arriving tired from last-minute efforts.

FREQUENTLY ASKED QUESTIONS

FINAL QUESTIONS BEFORE YOU TRAVEL

What do spectator guests do during the day?

Our spectator experiences are designed around the excitement and atmosphere of the world's great cycling races. Each day is carefully planned to maximise race viewing opportunities, with access to stage starts, stage finishes, key viewing locations, and iconic towns and villages along the race route.

Do spectator guests need a level of fitness?

Yes, spectator guests should have a reasonable level of general fitness. You do not need cycling fitness, however walking is often required to access race viewing locations, stage starts and finishes, especially around road closures.

On average, guests should be comfortable walking approximately 2 to 4 kilometres during the day, sometimes on uneven surfaces, stairs, village streets or roadside areas. Comfortable walking shoes are strongly recommended.

Will spectators meet up with the riders?

Yes, on our tours that cater for both riders and non-riders, the itineraries are specifically designed so that everyone can enjoy the experience together. Throughout the day, spectators and riders have opportunities to share activities, meet at selected locations, reconnect at lunch stops, watch the race together.