



Active New Zealand Cycle Tours

Essential Gear

- **Main piece of luggage:** a sports bag with wheels, a suitcase, a backpack or similar (-60L/4,000 inches)
- **Small day bag**
- **Cycling shorts:** 2-3 pairs, 1 to wear while the others are in the wash
- **Cycling gloves:** 2-3 pairs, 1 windproof
- **Waterproof cycling jacket/shell:** a breathable, unpadded shell jacket with a hood which keeps you dry when active is recommended. Ponchos are unsuitable!
- **High Vis clothing:** for your riding. We will supply high vis vests over your clothing if required
- **Hiking shoes/trail runners:** required for the occasional hike
NOTE: NZ customs are very strict so make sure your shoes are clean, dry & packed at the top of your luggage ready for inspection on arrival to NZ
- **Suitable cycle footwear**
- **Fleece/wool sweater:** 1-2 something nice and warm for those colder days/nights
- **Shirts/T-shirts:** 2-3 pairs, some cotton, some quick drying
- **Shorts:** 1 pair quick-dry
- **Thermal underwear:** 1-2 top and bottom sets of thermal/polypropylene underwear
- **Underwear:** a weeks worth!
- **Pajamas/nightwear**
- **Swim suit:** for any swimming opportunities
- **Warm hat:** something that would fit under your helmet for cooler days is good
- **Sun hat:** baseball cap, or similar
- **Camera:** memory cards & batteries/charger (240V capable with plug adapter for NZ)
- **Personal toiletries:** sun-block, personal medication etc
- **Insect repellent:** If in doubt bring more rather than less – it won't go astray!

Active New Zealand Cycle Tours

Essential Documents & Items

- **Passport:** stored in a waterproof wallet
- **Money:** NZ\$ cash, credit/debit cards with a pin number for withdrawing cash
- **Air tickets and itinerary:** your international and domestic itinerary and air tickets
- **Travel insurance:** your policy with emergency contact numbers
- **Active New Zealand Cycle Tours Summary:** print this out and bring it with you. It includes where to meet your group, any extra hotel information, and emergency numbers
- **Active New Zealand Cycle Tours Itinerary:** bring it with you to read on your trip

Optional Items

- **Cycling gear:** you can bring your own bike, helmet, seat, SPD cycling shoes, pedals and cycling computer too – let us know on your online booking page
- **Ear plugs:** recommended to light sleepers, or if you're sharing a room
- **Alarm clock:** useful for those mornings you'll need to get up early!
- **Adapter plug:** depends on your home country
- **Energy snacks and electrolytes:** while snacks will be provided you may like to bring some along too, especially if you have a preferred brand or special dietary requirements
- **Casual clothes:** if you'd like to bring a nice skirt/shirt to wear out to dinner, please do!
- **Hairdryer**
- **Reading materials**