

# Luggage preparation

At your destination, Vélo Québec Voyages will transport your baggage from hotel to hotel for the duration of your trip. We accept one (1) piece of luggage per person, with a maximum weight of 20 kilos for air travel and 15 kilos for non-air travel, even if the limit allowed by the airline differs from ours. Make sure your baggage is equipped with sturdy handles for easy transportation. We reserve the right to refuse carriage of any baggage exceeding the 20-kilo weight limit, both at the start of and during the journey.

Before departure, try the following test at home: try to hold your luggage at arm's length. This will be done by our guide on every trip. If you can't hold your luggage, our guide won't be able to either. Take care of our guides: limit the weight of your baggage!

**REMINDER |** When travelling by plane, it is important to note that it is forbidden to carry CO2 cartridges in your luggage or bicycle box.

## BIKE EQUIPMENT

- Bike in excellent condition (a tune-up at your local store before setting off is strongly suggested)
- Bike bag (handlebar bag or fixed bag on rear rack). Avoid backpacks.
- Odometer
- Handlebar card holder (if you don't have a handlebar bag)
- A large Ziploc bag for your cards (if you're travelling without a card holder)
- Lock
- 2 to 3 large water bidons
- Mechanical kit (pump, 2 inner tubes, puncture repair kit, tire wrenches, small adjustable wrench, Allen wrenches, 4 spokes, rag to clean your bike if necessary, derailleur hanger, seatpost clamp)
- Bike gloves
- Bike helmet
- Bike shoes (if you don't use bike shoes, choose shoes with the stiffest sole possible)
- Front and rear reflectors and lighting system (when passing through tunnels or riding at dusk)
- Optional: mudguards, rearview mirror, elastic straps (if you have a rear luggage rack)

## BIKE CLOTHING

- Cycling shorts and jerseys
- Sleeves and leggings (or undergarments)
- Rainwear: jacket, pants (optional : overshoes)
- Windbreaker

## CASUAL CLOTHES

- Bermudas, shorts, skirts, pants
- T-shirts, shirts
- Warm clothing: fleece and windbreaker
- Socks and underwear
- Comfortable shoes
- Cap or hat
- Swimsuit/swimming trunks

## MISCELLANEOUS EQUIPMENT

- Identity documents required for your trip
- Photocopy of your travel documents (proof of identity, etc.)
- Tourist guide
- Toiletry bag
- Laundry soap
- Alarm clock
- Camera
- Sunscreen, lip balm and sunglasses
- 2nd pair of prescription glasses or contact lenses
- Small backpack or waist bag
- First-aid kit and personal medication
- Power adapter and converter
- Mosquito repellent

P.S. It's a good idea to check the weather at your destination before you leave, so you can bring the right clothes. Don't bring anything superfluous; opt instead for the onion-skin layering system for colder weather.

Find out more about weather conditions  
[meteomedia.com](http://meteomedia.com)  
[worldweatheronline.com/country.aspx](http://worldweatheronline.com/country.aspx)

Another useful link  
[voyage.gc.ca](http://voyage.gc.ca)