



3 Day Sonoma Cycling Vacation

Staying comfortable while on our active vacation is all about layering. For comfort with minimum weight, you'll need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. Bring only what is necessary.

Weather

Healdsburg: Monthly High/Low Temperature Avg's:



Check the Healdsburg forecast at www.Weather.com before you pack.

Escape Travel Packing Checklist

Escape Travel Provided Gear

- Trip leader first-aid kit
- Van support each day
- Helmet, gloves, handle bar gag, gel seat cover, map, tubes, tools, pump, lock, etc.
- Choice of a Escape Travel: Wicking cycling jersey, t shirt or embroidered hat.

Road Biking Gear

- Bike helmet, properly fitted
- Road bike (or rent one for \$25/day+ tax)
- Bike gloves
- Bike shorts
- Lightweight windbreaker
- Sturdy shoes (or, bring your own clip less shoes AND pedals)
- Fanny pack or hydration pack with pockets to carry snacks, extra water, etc

Outerwear

- Lightweight rain jacket & pants, waterproof and breathable

Clothing

- Midweight fleece jacket or wool sweater
- Lightweight thermal top and bottom, synthetic or wool
- T-shirts, synthetic
- Underwear
- Biking socks, 2+ pairs
- Swimsuit

Clothing Accessories

- Sun hat with brim
- Wool or fleece hat
- Bandana
- Lightweight wool or fleece gloves

Travel Accessories

- Sunglasses and retainer strap
- Sun-block and lip balm
- Personal medications
- Insect repellent (small)
- Toiletry kit: toothbrush & paste, towel, biodegradable soap
- Personal first-aid kit, small and light

Optional Field Gear

- Pocket knife or multi-tool, ear plugs and camera

Things to Consider

- Credit cards, money, eyewear, cycling shorts/shirt/shoes and medications in your carry-on baggage, in case your luggage is delayed.
- Luggage is transported for you to each night's accommodations.
- Your belongings should fit in the equivalent space of a large duffel bag.
- Your outer layer should fit easily over the inside ones without binding
- Dress up for dinner in business casual or nicer.
- Helmets are required. Brightly colored bicycle clothing for visibility & safety.

Call us at (866) ESCAPE-5 (372-2735) should you have any questions regarding this list