

## Suggestions for Packing

### Papers

Identification

Passport

Medical insurance card

Money and/or credit card

### Clothes

Cycling shorts, pants (it may be cool from time to time) and shirts

Cycling underwear

Rain gear / jacket

Windbreaker (Shirt/jacket where the wind won't get through)

Walking shorts, pants, and off-bike shirts

Off-bike shoes or sandals

Swimwear

Cycling shoes and socks (optional)

Cycling gloves (optional)

Water-proof covers to pull over shoes (optional, in case it is raining)

### Equipment

Biking helmet

Tire levers, patch kit

Large water bottle or hydration system

Flashlight with fresh batteries

Bicycle pump (should pick up from Fyntour)

Spare tube (should pick up from Fyntour)

### Toiletry

Sunscreen & lip balm

Toiletries

Kleenex packs

Shaving paraphernalia (for those that need it)

Soap, towels and wash cloth (good to bring during the trip, but are at the hotel)

### Medicals

Medication

First-aid kit (aspirins, band aids, etc)

Insect, gnat, and tick repellent

### Miscellaneous

Film camera (extra film and batteries) or digital camera

Zip-lock bags to keep various items dry that you afford to have wet

Sunglasses

Binoculars

Clothespins

### Climate

Information about the Danish climate can be found at:

<http://www.um.dk/english/danmark/danmarksbog/kap5/5.asp>