

Biking Holidays: what to take with you



Congratulations! If you are reading these lines, it means that you are almost ready to live an authentic biking experience in the lovely Peloponnese, in Greece. However, the success of every trip is first of all to avoid any kind of trouble or inconvenience during your stay with us. From our part, we show maximum responsibility and professionalism in safety, we provide most of the important equipment and we will do our best to offer you relaxing and carefree holidays. But from your part, it is

very important to carry all the essential equipment for biking and be well organized for all parts of your trip. Especially for this trip, which is self-guided, you must know that everyone who participates in outdoor activities has always to deal with unpredictable factors such as weather conditions that can easily ruin our excursion. For example, a pouring rain during cycling can be enough to not let you enjoy it if you get totally wet. Please read the lines below carefully so that you will be well prepared and ready to live and enjoy every single moment of your holidays!

The most important thing during your holidays is....to be able to arrive at your destination! However, more travelers insist in underestimating it, paying much more attention to clothing and giving to their travel documents low priority. **It is absolutely your responsibility to have all necessary documents with you** such as passport (be careful to be valid), flight tickets, reservation voucher, VISA (if needed), health documents etc. **Being careful with all the above, they may save you from lots of time and trouble.** You must also take and be very careful with your wallet, money, credit cards etc. Medicines, in case you take some, are a very important matter, too.

General clothing and equipment

Before deciding what kind of clothing you will take with you during your holidays with us, have in mind two things:

- You are going to participate in biking holidays (you will spend lots of time outdoors)
- In Greece, temperatures are in general high especially during July and August but there is always the possibility of raining
- We will transfer the luggage for you at each hotel but you still have to carry several things with you

The clothing that you must take has to be athletic, light and comfortable! In addition, you must consider that you will most probably get sweat or dirty so you must look ahead to have enough clothes with you to change. Especially during June, July and August, temperature can go around 35C! That means that you should care to take mainly light clothing like T-shirts, shorts, sandals or flip-flops for your free time etc, and of course your swimsuit and towel. There are beaches there waiting for you!

No question also about taking blouse/footer for the evening when temperature falls a little bit. You will also need trousers or light dress for women and shoes to wear during the evening/ night as you will have the chance to enjoy the famous Greek nightlife or just go for a walk with company.

Beyond clothing, you must have maximum protection against the Greek sun. You must take with you hat, sunglasses and sunscreen (SPF over 30 is recommended). Of course you can buy the sunscreen from Greece if you prefer. The Greek sun can be dangerous especially in types of skin that are not used to it.

It is strongly recommended to avoid taking with you unnecessary things or too much of everything! This will make your trip tiring and will not leave you room in your luggage to have a little shopping!

Finally, just to remind you: camera, ipod/ MP3 player, chargers...to remember this experience for ever...

Special clothing/equipment

During your biking holidays you will spend much time cycling and of course you need special clothing and equipment. Even though some of them will be provided by us, there are some things that it is your responsibility to have with you.

Provided by us: maps or gps, and in case of renting the bike from us: helmet, waterproof pannier, emergency kit (tool kit, tube).

You should take with you:

Waterproof Rucksack: each participant must have one.

Waterproof clothing: Absolutely necessary is waterproof clothing in case of raining. Checking the forecast, you will decide if you will take it with you during cycling.

Second pair of shoes: Again, a raining day has a strong possibility to appear. It would be great if a pair of dry shoes will be waiting for you at the hotel.

Optional equipment

You can take with you anything else you might believe it will make your life easier or happier (especially if you already have it) and doesn't occupy a lot of space in your suitcase (recommended) such as biking gloves, biking shorts, snorkeling equipment etc. Finally, a good book in your language could also be a great way to relax in your free time.

Enjoy the ride...!