



## Argentina: Packing List

guided | fun | adventurous

*a unique cultural and active way to visit new places*

*Use this packing list as a guideline to make sure you bring just what you need for on and off the bike. We want you to be prepared for your trip. If you are uncertain whether or not to bring something contact us for clarification.*

Keep in mind that you have to carry everything on your bicycle. If you do not have your own panniers, OnaVelo can provide you with pannier bags before your trip departure or once you get to Salta. To keep your personal items dry inside the panniers we suggest that you pack your personal items inside waterproof stuff sacks or dry bags. You can get waterproof stuff sacks or dry bags at an outdoor sports store or order online.

There is no support vehicle on this trip. However, if you have things you want for your travels after the bike trip, you can leave a bag in Salta with our local guide and he will bring it to Tucuman for the end of the trip.

### Climate:

The climate in the Salta / Tucuman region is considered temperate, which means that the area experiences four distinct seasons, with none of them being very extreme. This is a destination that can be visited year round, even though the weather is different during each season. On this trip, the daily high temperatures will generally range from 70F/20C to 85F/30C. That being said, there have been trips with higher temperatures up to 95F/35C. Based on previous experience there is a good chance of some warm rain showers. The nighttime temperatures will range from 57F/14C to 68F/20C. For the few nights we are in the mountains, the night time temperatures may be cooler and in the range of 40F/5C. It is important to have layers to keep you comfortable during the day and warm in the mornings and evenings.

### Other Considerations:

Washing your clothes on this trip is not that convenient. There are no self-service laundry facilities along the way and very few laundromats use a clothes dryer so it takes time to have your clothes washed. On past trips, there has been an opportunity on the rest day in Cafayate and Tafi to do laundry. You can always hand wash your clothes (underwear, cycling shorts, etc.) in a bucket and hang to dry overnight or hang off your bike.

### Tips for Packing:

**Staying Warm and Keeping Cool:** We recommend layering as the best way to stay warm and keep cool. Though we can't guarantee perfect weather, we can guarantee that the sun may not always shine. To keep you protected from the elements and feeling cool on a hot day, always carry rain gear and start with a breathable synthetic shirt to layer under a vest, windbreaker, or fleece jacket. Avoid cotton fabrics while exercising—the absorbent qualities prevent wicking and insulate poorly when wet.

**Cycling Clothing:** To ensure your comfort on the bike, it is important to wear the appropriate clothing. Padded shorts or cycling specific shorts are recommended to help prevent chafing and soreness after a long day in the saddle. As well, we encourage you to wear a cycling jersey or a breathable synthetic shirt. This will help wick moisture away from your skin and prevent you from becoming chilled or overheated.

Many people wonder if they should bring things like cycling gloves and cycling shoes. Gloves provide much-needed padding for your hands and will prevent them from getting sore and tired as the day goes on. Cycling shoes that come with cleats and special pedals should only be used if you have been riding with them on a regular basis and are comfortable using them on long riding days. We encourage you to take the time to learn how to ride with them before using them on your trip.

**Evening Clothing:** The evening activities on this trip will be casual. Bring something to wear in the evening that is not biking clothing.

## Packing List

### **Documents and spending money**

- Passport and a copy of your passport for backup
- Travel documents: flights, proof of travel insurance covering Covid related occurrences
- Credit card(s) and a copy of the card numbers and phone numbers listed on the back
- Cash - US\$ Dollar or Euros can be easily exchanged at banks or money exchanges in Argentina
- Cash Argentina Pesos ARS\$ (optional). The economy in Argentina is and has been in flux over the past many years. There are several exchange rates for converting foreign currency in Argentina Pesos. Contact us for more details on how best to get Argentine Pesos.

### **Suggested clothing and gear packing list**

- 2 Dry bags or waterproof stuff sacks for packing into panniers – 20L to 30L dry bags/sacks available at outdoor stores or order online
- Toiletries: Toothbrush, toothpaste, deodorant, comb, brush, contact solution, razors, shaving cream, soap, shampoo, conditioner, feminine product, toilet paper
- Sunscreen
- Bug spray
- 5 Underwear: change daily and wash as necessary along the way
- 2 T-shirts or cycling jersey: quick dry, lightweight material
- 2 long sleeve type shirt layers. One that that you would be comfortable wearing on the ride and one for after cycling, out to eat, or walking around town
- Long pants or cycling pants: lightweight, quick dry type pants that you can wear while cycling or for evening activities
- 2 short pants or cycling shorts: biking shorts or whatever you are comfortable cycling in
- 5 pair socks
- Bathing suit
- Rain jacket: lightweight – for warm rain
- Rain pants (optional): lightweight pants that you can cycle in
- Gloves and toque (stocking hat): there can be cool mornings and evenings in the mountains
- Pajamas or something comfortable to sleep in
- Closed-toe shoes/sandals: something to wear when you are not cycling - wet conditions may exist

- Sunglasses: good to have eye protection while riding
- Phone/Charger/Adapters: Argentina plugs are different from in the USA/CANADA. You will need a Type C and/or Type I adaptor for your electronic devices

### **Bike Specific Items**

- Bike shoes: sturdy pair of closed-toe shoes for cycling
- **HELMET: DON'T FORGET YOUR HELMET!**
- Personal water bottles for the bike (2 water bottle cages per bike)

### **OPTIONAL BIKE SPECIFIC ITEMS**

- Your own saddle/seat (only bring the seat, not the seat post)
- Your own pedals
- Cycling gloves
- Bike computers, mirrors, bar ends or other components specific to the way you ride

### **Other Items**

- Prescription drugs or over-the-counter medications that you require
- Tablets (if using) e.g. Electrolytes, Vitamins, Hydration Supplements, Immune Support etc.
- Phone, Camera, USB drive, extra HD card, battery charger, adapters for Argentina electrical style plugs (Type C and Type I for Argentina plug adaptors)
- Pens: for writing in the group journal and your personal journal
- Bandana or wipes
- Hand sanitizer
- Face masks (COVID protocols change quickly, please bring a mask(s) for public spaces if required)
- Ball cap/visor
- Picnic plate, cup and utensils for road-side picnic lunches or snacks.

### **Gear provided by OnaVelo**

- Bicycle
- Panniers for carrying your personal items while on the bike trip
- Other necessary tools and equipment for bicycle maintenance
- Basic First Aid kit (bring your own over-the-counter medications or supplements that you require, e.g. Tylenol, ibuprofen, vitamins, sports tablets, etc.)