



## Quebec / Gaspé: Packing List

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*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. There is no support vehicle on this trip. To keep your personal items dry inside the panniers we suggest that you pack your personal items inside waterproof stuff sacks or dry bags.

### Climate:

In the first two weeks of June, travelers between Quebec City and Campbellton should anticipate mild to warm temperatures, a likelihood of rain, and variable conditions. Packing accordingly will ensure a comfortable trip.

### General Trends:

- The weather during this period is typically transitional, moving from late spring to early summer. Expect a mix of sunny days, cloudy periods, and chances of rain.
- Temperatures will generally be mild to warm during the day and cooler at night.
- Rainfall is common in this region during June, so it's advisable to be prepared for wet conditions.
- Temperature: Average daily high temperatures in June range from 18°C to 23°C (68°F to 73°F), with average lows around 11°C to 12°C (52°F to 54°F).
- Pack layers of clothing to adapt to changing temperatures throughout the day.
- Include rain gear such as a waterproof jacket and pants.

### Other Considerations:

Washing your clothes on this trip is not that convenient. On past trips, there has been an opportunity on the rest day to do laundry. You can always hand wash your clothes (underwear, cycling shorts, etc.) 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 warm 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***

- ☐ Travel documents: flight schedule and other logistics.
- ☐ Certificate of travel insurance for emergency medical services and optional trip interruption or cancellation coverages.
- ☐ Credit card(s) and a copy of the card numbers and phone numbers listed on the back
- ☐ Cash

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

- ☐ 2 Dry bags or waterproof stuff sacks for packing into panniers – 20L to 30L dry bags/sacks
- ☐ 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 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: sauna and hot tub opportunities on the trip route.
- ☐ Rain jacket: lightweight
- ☐ Rain pants: lightweight pants that you can cycle in
- ☐ Light to medium weight fleece or down jacket for cool weather.
- ☐ Gloves and toque (stocking hat): water proof
- ☐ Pajamas or something comfortable to sleep in
- ☐ Closed-toe shoes/sandals: something to wear when you are not cycling - wet conditions may exist
- ☐ Sunglasses / eye protection while riding
- ☐ Phone/Charger/Adapters.

### **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

### **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.
- ☐ Camera, USB drive, extra HD card, battery charger
- ☐ 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

### **Gear provided by OnaVelo**

- ☐ Basic 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.