

Vuelta Puerto Rico				
3 days • 375 miles • 1 island				
www.VueltaPuertoRico.com				
The Cheeldist				

Bike Gear	Riding Gear	Personal Items	Personal Clothes	Nutrition
Air pump	Arm coolers	Body lotion	Bathing suit	Bars
Bike	Base layer shirt	Body wash	Belts	Electrolytes
Bike case	BibShorts	Bug Spray	Bras	Gels
Extra tire	Booties	Butt Butter	Casual glasses	Hydration powder
Front White Light	Caps	Conditioner	Casual shoes	Recovery powder
Lube	Compression clothing	Contact Lenses	Jewelry	Vitamins
Pedals	Gloves	Deodorant	Jeans	
Rags	Helmet	Face lotion	Pajamas	
Rear Red Light	Jerseys	Hair brush	Shirts	
Tools	Long sleeve jacket	Hair gel	Shorts	Medications
Water bottles	Shoes	Hair rubber bands	Socks	Antibiotics
	Shorts	Lip Balm/Gloss	Underwear	Diarrea
	Socks	Razor		High Blood Pressure
	Sunglasses (Rx)	Shampoo		Migraine
	Vest	Shaving cream	Electronics	_ Pain
		Sunscreen	Battery Backup	Personals
Wallet		Tooth brush	Bike Computer/Charger	Sleeping
Cash	Saddle Bag	Tooth paste	Camera / Charger	Vomiting
Credit Card	Tube	_	Cellphone /Charger	
Debit Card	Multitool w Chain Breaker		Go Pro / Charger	
Drivers License	Tire levers	Other	Heart rate strap	
Health insurance	Patch kit	Fanny Pack		
Passport	Chain quick link	Flat iron		
	Presta adaptor	ROAD ID		
				Rev. 11/1/2019

Recommendations

Consider a compact crank or a big cassette 11-27/28
Release air out of your tires before packing
Remove CO2 cartridges, not allowed on plane
Remember a whistle

Consider having a small travel bag/back-pack with riding gear Clothing/items for Friday afternoon to Sunday morning.

Traveling by air? Consider packing your pedals, shoes, gloves, helmet and a kit in your carry-on bag.

If your bike box ends up in another state or country, you will only have to rent a bike.