

**La Vuelta Puerto Rico**  
**3 days • 375 miles • 1 island**  
**www.VueltaPuertoRico.com**  
**The Checklist**

<b>Bike Gear</b>	<b>Riding Gear</b>	<b>Personal Items</b>	<b>Personal Clothes</b>	<b>Nutrition</b>
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	<b>Medications</b>
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	<b>Electronics</b>	Pain
		Sunscreen	Battery Backup	Personals
		Tooth brush	Bike Computer/Charger	Sleeping
		Tooth paste	Camera / Charger	Vomiting
<b>Wallet</b>	<b>Saddle Bag</b>	<b>Other</b>	Cellphone /Charger	
Cash	Tube	Fanny Pack	Go Pro / Charger	
Credit Card	Multitool w Chain Breaker	Flat iron	Heart rate strap	
Debit Card	Tire levers	ROAD ID		
Drivers License	Patch kit			
Health insurance	Chain quick link			
Passport	Presta adaptor			

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**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.**