

International Bicycle Fund

4887 Columbia Drive South, Seattle WA 98108-1919

Tel: +1 (206) 767-0848 ~ Email: ibike@ibike.org ~ Internet: www.ibike.org

A non-governmental, nonprofit organization promoting bicycle transport, economic development, international understanding & safety education.

Checklist for Travelers

90 Days Before You Go

- Begin training rides.
- Look through pre-departure packet and flag the key sections.
- Make airline reservations.
- Apply for a passport, if you don't have one.
- Go to the library or bookstore and get books on your destination.

60 Days Before You Go

- Select the bike you will be using for the trip.
- Send the balance due on your tour.
- Buy any bike equipment you don't have (bike, helmet, rack, panniers, pump, tools, gloves, etc.).
- Apply for visas (if necessary). Note: Visas often have limited validity so don't apply more than 90 days before you'll enter the county.
- Continue your training rides.

45 Days Before You Go

- Begin getting vaccinations (if necessary).
- Buy an extra pair of glasses or contacts and get a copy of your prescription.
- Make sure that you have the medical and travel insurance that you want.
- Arrange for an absentee ballot if there will be an election during your trip.
- Continue your training rides, carrying lightly weighted panniers.

30 Days Before You Go

- Purchase your airplane ticket, and trip cancellation / medical insurance, if you haven't already.
- Make final purchase of clothing.
- Arrange photography equipment and storage media.
- Complete all repairs and maintenance, including lubrication, done on your bike.
- Continue your training rides, carrying moderately weighted panniers, building up the distance and looking for more challenging terrain.

15 Day Before You Go

- Make final purchase of all equipment for the trip.
- For long trips, make arrangements to pay any credit cards and monthly bills coming due during your absence.
- Be certain you've used all your equipment and know how it works.
- Give a copy of you itinerary to relatives or friends. Leave information about your lawyer, insurance, safe, house & auto keys, etc.
- Continue your training, try to do at least one "shakedown" trip with a fully loaded bike. It is better to discover and take care of problems before your tour begins.

7 Days Before You Go

- Pack your bike, clothing and equipment, including itinerary and maps.
- Get travel cash or traveler's checks (rarely used now-a-days because availability of ATM, most places).
- Arrange for credit card to be accepted at destination.
- Fill medical prescriptions to last longer than your trip.
- Suspend newspaper delivery.
- Change mail delivery or have mail held at the post office (Can be done online in the USA.)
- Arrange for acceptance of non-cancelable deliveries, lawn, garden, and pet care (or snow removal).
- Start emptying your refrigerator, storing valuables, turning down thermostats and water heaters, etc.

Bon Voyage!