

What to Bring

- Windbreaker jacket
- Base layer (thermal undershirt)
- Warm shirt or mid-layer
- Long pants for cycling
- Mountain biking shorts
- Cycling jerseys / shirts
- Hat, cap, or neck/head bandana
- One large towel and one small towel
- Several pairs of long socks
- Sunscreen
- Protective sunglasses
- Insect repellent

Important Documents & Gear

- Passport or required national ID for international travel
- Cycling shoes and clip-in pedals (for rental bikes – all bikes come with flat pedals)
- Personal bike accessories (can be fitted to the bike)

If Bringing Your Own Bike

- Spare parts
- Hard bike travel case (recommended)

Important Notes

- Due to Ministry of Agriculture regulations, natural products such as dried fruits, nuts, or honey are not allowed into the country
- Travel insurance is strongly recommended
- Please inform us in advance of any dietary restrictions or medical conditions (e.g. diabetes, cardiovascular issues)
- For travel to Colombia:
 - Yellow fever vaccination is required
 - Completing the Check-Mig form before travel is recommended (not mandatory, but speeds up immigration)