

單車旅遊個人攜帶物品檢查表



- Please prepare the following personal items according to your individual needs; this list is provided as a pre-trip checklist. Items not needed while cycling should be packed in your large luggage to be transported by the support vehicle. Items you will need during the ride, as well as any loose change, should be kept in your small carry bag or handlebar bag.



PERSONAL IDENTIFICATION AND BANK CARDS

- | | |
|---|--|
| <input type="checkbox"/> Passport, ID card, driver's license, or other identification documents | <input type="checkbox"/> Credit card |
| <input type="checkbox"/> National health insurance card | <input type="checkbox"/> EasyCard (or other stored-value cards you may need) |
| <input type="checkbox"/> Bank card | <input type="checkbox"/> Cash and coins |



CLOTHING AND TOILETRIES

- | | |
|--|---|
| <input type="checkbox"/> Cycling jerseys and shorts (2 sets) | <input type="checkbox"/> Underwear (2 sets) |
| <input type="checkbox"/> Arm sleeves and leg warmers | <input type="checkbox"/> Casual clothes (2 sets) |
| <input type="checkbox"/> Stiff-soled or cycling-specific shoes (or sandals), socks | <input type="checkbox"/> Warm clothing (preferably with moisture-wicking and insulation features) |
| <input type="checkbox"/> Helmet and gloves | <input type="checkbox"/> Toothpaste, toothbrush, towel |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Clothes clips (for hanging clothes) |
| <input type="checkbox"/> Wind and rain jacket | <input type="checkbox"/> Personal protective gear (e.g., knee pads, wrist guards, etc.) |
| <input type="checkbox"/> Windproof sunglasses | <input type="checkbox"/> Multifunctional headwear (e.g., buff) or sweatband |



MEDICATIONS AND HYGIENE SUPPLIES

- | | |
|--|---|
| <input type="checkbox"/> Personal daily medications (consult your doctor in advance and ensure you have enough supply) | <input type="checkbox"/> Commonly used medications such as cold medicine, digestive medicine, pain relief ointments or patches, wound ointments, insect repellent, and health supplements |
| <input type="checkbox"/> Sunscreen (or other sun protection products) | <input type="checkbox"/> Feminine hygiene products |
| <input type="checkbox"/> Anti-chafing cream (or petroleum jelly, mentholatum, etc.) | |



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山海戀單車FB粉專



山海戀單車LINE@

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ELECTRONIC DEVICES

- Power adapter (Taiwan 110V / two-prong socket)
- Mobile phone (battery, charger)
- Camera (memory card, battery, charger)
- Power bank (cables, charger)
- Laptop or tablet (power adapter, charger)



OTHER ITEMS

- Reading glasses, everyday glasses
- Whistle (for safety or signaling)
- Hairband
- Rain gear (or lightweight raincoat)
- Phone card (purchased at the airport)
- Notebook and pen
- Waist pouch (fanny pack)
- Cap
- Lightweight slippers
- Earplugs and eye mask
- Cup, bowl, chopsticks, fork, spoon
- Preferred personal hygiene and skincare products
- Clear shower cap (to cover helmet in rainy weather)
- Swimsuit, swim cap, swim trunks, goggles (depending on the itinerary)



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