

CYCLING APPAREL AND GEAR RECOMMENDATIONS

單車騎行穿著與裝備建議



To help you fully immerse yourself in the journey and truly enjoy the scenery along the way, proper preparation is the first step. Cycling is not only a physical challenge—appropriate apparel and gear can greatly enhance comfort and, more importantly, ensure your safety. Please refer to this guide to help you complete a thorough head-to-toe check before departure, so you can set off on your ride with confidence and without worries.

RECOMMENDED CYCLING APPAREL & GEAR



1. BASIC APPAREL (COMFORT & AERODYNAMICS)

(Cycling Jersey)



Choose moisture-wicking, with back pockets

(Cycling Shorts)
CRUCIAL UPDATE!



Features padding, reduces pressure & friction

(Moisture-Wicking Base Layer)



Wicks sweat, keeps body dry & warm

(Specialized Cycling Socks)



High breathability, durable, good fit

(Clipless or Sports Shoes)



Clipless or flats, stiff soles for efficiency

2. SAFETY PROTECTION (MOST IMPORTANT PART)



(Helmet)
Certified standard, proper fit



(Cycling Gloves)
Shock absorption, hand protection



(Sports Sunglasses)
UV protection, keeps out wind & bugs

4. OTHER RECOMMENDED ITEMS

(Sun Protection Gear)



(Sun Protection Gear)
Arm sleeves, neck gaiter, sunscreen

(Bike Computer or Phone Mount)



(Bike Computer Gear)
Navigation, data recording

3. ESSENTIAL BIKE GEAR

(Front & Rear Lights)



(Front & Rear Lights)
Day/Night flashing, safety first



(Water Bottle & Cage)

(Frame Bag / Saddle Bag)



(Frame Bag / Saddle Bag)
Holds tools & personal items

(Energy bar)
Energy bar, electrolyte tablets



(Power Bank)
Long-distance power



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Additional Notes:

Cycling shoes are based on personal preference and riding habits; they are not mandatory. When riding with BikeExplorer, you do not need a phone mount. Simply follow the instructions at the designated checkpoints along the route.

If you rent a road bike or e-bike from BikeExplorer, each bike is equipped with front and rear lights, a water bottle, a bottle cage, and a handlebar bag.

Energy snacks can be prepared according to personal preference and are not required. Our BikeExplorer "Luxury 7-Eleven" support vehicle will also provide a variety of supplies, including drinking water, snacks, fruits, and other refreshments.



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