

Get Prepared Calendar



Getting prepared ahead of time can make a world of difference when you're in the saddle. Use our suggested timeline to set yourself up for a smooth ride.



90 Days Before You Go



Where to Stay	For popular destinations, reserve your campground spots or hotels as early as possible!
Travel Insurance	As soon as you purchase a guided tour or plane tickets, be sure to buy travel insurance. Having travel insurance really helps ease the disappointment and financial loss associated with losing days of your bike tour to unexpected emergencies or travel delays.
Training	If your tour is three weeks or longer, begin going on longer rides several times a week to build a good training base. Use an indoor trainer, stationary bicycle or other form of exercise that taxes the cardiovascular system if the weather prohibits outdoor excursions.
Health	If traveling abroad, check in with your local health department for travel-related vaccinations.

60 Days Before You Go



Training	Definitely begin training now. Each week increase your mileage or hours on the bike by 10 percent, with one or two longer rides a week. Training mileage will depend on the type of tour you're planning. See How to Train for Your Tour for more information on training.
Transport	If you haven't yet, arrange transportation for yourself and your bike. See Ways to Transport Your Bike .
Health	Visit your doctor if you have any health concerns or circumstances that may require special preparation or forethought.

45 Days Before You Go



Training

Continue your training rides, increasing the hours you spend on your bike weekly. Ride several times a week, with one long ride at least one day each week.

30 Days Before You Go



Gear

Make final purchases of clothing and equipment. Purchase maps and apps or ensure you have a navigation plan.

Bike

Make any bike repairs and perform routine maintenance, including weekly chain lubrication.

Health

Consider bringing an extra pair of glasses or contacts and get a copy of your prescription.

Training

By now you should be getting really comfortable on your bicycle, spending up to 4–5 hours (or 40–50 miles) on the bike for your weekly long ride, depending on your touring plans.

> Tip 1

You might try for a century – 100 miles in a day – if you're taking a trip of more than three weeks.

> Tip 2

Seek out hills and varied terrain, attempting to simulate the type of riding you'll encounter on your tour.

> Tip 3

Do at least one ride with fully loaded bicycle bags to test for proper weight distribution.

14 Days Before You Go



Gear	Be certain you've used all your equipment and know how it works.
Bike	Make sure your bike is fully tuned and ready.
Shipping	If you're shipping your bike, pack it bike in a reinforced box and ship it at least 10 days in advance.
Insurance	Regardless of transportation mode, we advise insuring your bike against damage or loss.
Training	Continue training rides, but lower the intensity and mileage so your legs are ready for your tour.
> Tip	Try an overnight "shakedown" trip with a fully loaded bike. It's better to discover and take care of problems before your tour begins. Also, it'll be fun!

7 Days Before You Go



Health	Fill medical prescriptions to last longer than your trip.
Details	Change your mail delivery or have mail held at the post office. Print or collect reservation receipts in case something goes awry.