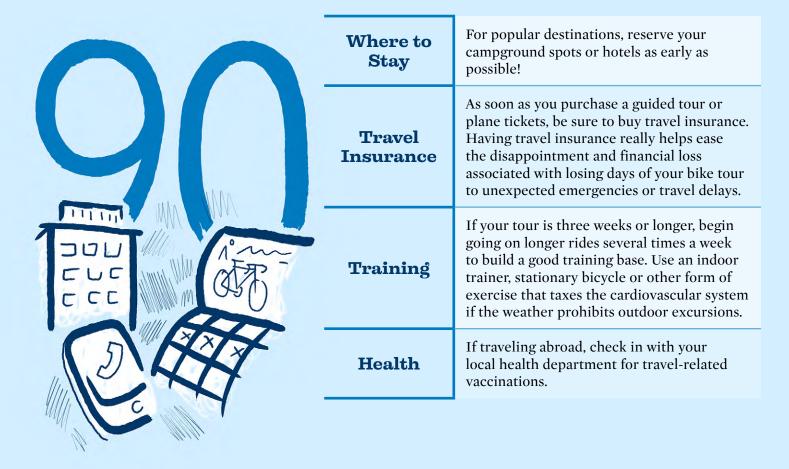
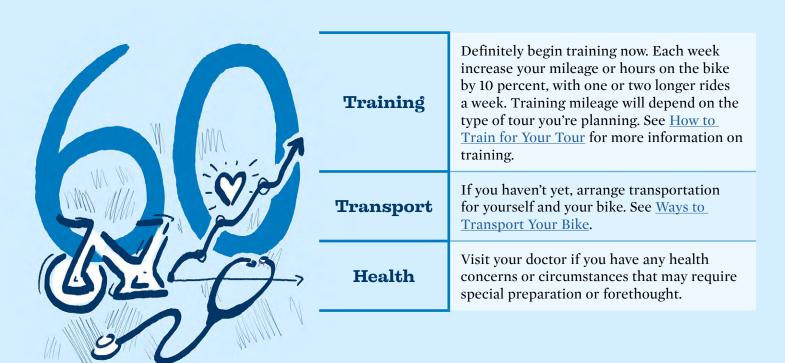
Get Prepared Calendar



90 Days Before You Go



60 Days Before You Go



45 Days Before You Go



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!

Fill medical prescriptions to last longer than

Change your mail delivery or have mail held

at the post office. Print or collect reservation

receipts in case something goes awry.

your trip.

7 Days Before You Go

