# TRAVEL ESSENTIALS

* [Luggage](http://www.trekbikes.com/us/en_US/equipment/cycling-accessories/travel-bags-packs/c/E302): 1 suitcase, 1 carry on
* Airline tickets/e-tickets
* Trek Travel meeting and departing details
* Important contact information
* Necessary medications
* Toiletries and personal items
* Personal identification
* Credit/debit cards
* Cash for incidentals and guide gratuities
* Travel insurance confirmation (if purchased)
* Cell phone and charger
* Passport (international travel)
* Photocopy of passport (international travel)
* Power adapters (international travel)
* Power converter (international travel)

**PACKING TIPS**

As a general guideline, we suggest packing your first day’s cycling clothes and riding gear in your carry on bag so your gear is easily accessible should there be any complications with your luggage. We recommend traveling light and limiting your luggage to one carry-on and one checked bag. You also may want to leave extra space in your luggage for any items you may have to bring home from your destination. The Transportation Security Administration (TSA) website at www.tsa.gov is a great resource for a list of permitted and prohibited items, and tips for packing and travel. Let us help with your travel planning with our services and tips. [**Learn More»**](http://trektravel.com/frequently-asked-questions/travel-services/)

**PASSPORT REQUIREMENTS**

As a general rule, passports should have at least six months of validity when traveling internationally. This means that your passport’s expiration date should be at least six months after your final day of travel. If you have any questions or concerns, please talk with your Trip Consultant.