



Quebec 2020: St. Lawrence Seaway, Montréal to Québec City

guided | fun | adventurous

a unique cultural and active way to visit new places

Packing List

Use this packing list as a guideline to make sure you bring just what you need for on and off the bike. We want you to be prepared for your trip.

Keep in mind that you have to carry everything on your bicycle. OnaVelo will provide you with pannier bags before your trip departure or once you get to your destination. To keep your personal items dry inside the panniers we suggest that you pack your personal items inside waterproof stuff sacks or dry bags. You can get waterproof stuff sacks or dry bags at an outdoor sports store or order online.

There is no support vehicle on this trip.

Climate:

During the month of September, expect daytime temperatures in the mid to high teens Celsius / 60s Fahrenheit and nighttime lows around 10 Celsius / high 40s or low 50s Fahrenheit. In September, the average high is 19C / 66F degrees and the average low is 7C / 45F degrees. Check the forecast in the days prior to your departure, always be prepared to dress in layers, and bring your rain gear, just in case. Remember to bring trail runners or light hiking shoes as well as your swimsuit, a sun hat, and quick dry clothing.

Other Considerations:

Washing your clothes in a washing machine on this trip is not that convenient, however, you can always hand wash your clothes (underwear, cycling shorts, etc.) in a bucket and hang to dry overnight or hang off your bike.

If you are uncertain whether or not to bring something contact us for clarification.

Tips for Packing:

Staying Warm and Keeping Cool: We recommend layering as the best way to stay warm and keep cool. Though we can't guarantee perfect weather, we can guarantee that the sun may not always shine. To keep you protected from the elements and feeling cool on a hot day, always carry rain gear and start with a breathable synthetic shirt to layer under a vest, windbreaker, or fleece jacket. Avoid cotton fabrics while exercising—the absorbent qualities prevent wicking and insulate poorly when wet.

Biking Clothing: To ensure your comfort on the bike, it is important to wear the appropriate clothing. Padded shorts or cycling specific shorts are recommended to help prevent chafing and soreness after a long day in the saddle. As well, we encourage you to wear a cycling jersey or a breathable synthetic shirt. This will help wick moisture away from your skin and prevent you from becoming chilled or overheated.

Many people wonder if they should bring things like cycling gloves and cycling shoes. Gloves provide much-needed padding for your hands and will prevent them from getting sore and tired as the day goes on. Cycling shoes that come with cleats and special pedals should only be used if you have been riding with them on a regular basis and are comfortable using them on long riding days. We encourage you to take the time to learn how to ride with them before using them on your trip.

Evening Clothing: The evening activities on this trip will be casual. Bring something to wear in the evening that is not biking clothing.

Packing List

- Documents and money
- Passport and a copy of your passport (if not from Canada)
- Travel documents: flights, travel insurance, etc...
- Emergency contact information and health cards
- Credit cards and cash – Canadian Dollar

Suggested clothing and gear packing list

- 2 Dry bags or waterproof stuff sacks for packing – 20L to 30L dry bags/sacks available at outdoor stores or order online.
- Toiletries: Toothbrush, toothpaste, deodorant, comb, brush, contact solution, razors, shaving cream, soap, shampoo, conditioner, feminine product, etc.
- Sunscreen
- Bug spray
- 5 Underwear: change daily and wash as necessary along the way
- 2 T-shirts or cycling jersey: quick dry, lightweight material
- 1 long sleeve shirt/sweatshirt or layer that you would be comfortable wearing on the ride or after cycling, out to eat, or walking around town
- Cycling/Camping pants: lightweight, quick dry type pants that you can wear while cycling or for warmth.
- 2 short pants: biking shorts or whatever you are comfortable cycling in.
- 5 pair socks
- Bathing suit
- Rain jacket: lightweight – for warm rain
- Rain pants (optional): lightweight pants that you can cycle in
- Pajamas or something comfortable to sleep in.
- Closed-toe shoes/sandals: something to wear when you are not cycling - wet conditions may exist.
- Sunglasses: good to have eye protection while cycling.
- Phone/Charger

Bike Specific Items

- Bike shoes: sturdy pair of closed-toe shoe for cycling. If you are bringing clipless pedals be sure to bring your own cycling shoes.
- Helmet: you can strap it onto your carry-on bag to let other travelers know that you are going on a bike trip!
- Personal water bottles for the bike (2 water bottle cages per bike)
- OPTIONAL BIKE SPECIFIC ITEMS*
- Your own saddle/seat (only bring the seat, not the seat post)
- Your own pedals
- Cycling gloves

Optional items

- Camera, USB drive, extra HD card, battery charger
- Book/journal: paperback or lightweight
- Pens: for writing in the group journal and your personal journal.
- Binoculars
- Bandana
- Ball cap/visor
- Waterproof Document Case

Gear provided by onaVelo

- Bicycle
- Panniers for carrying your personal items while on the bike trip
- Other necessary tools and equipment for bicycle maintenance