



Finland 2020: Bike Packing Tour

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. You can pack your personal gear directly into the pannier bags for travel or pack in a duffle bag or suitcase and repack your bags once you get to your destination.

There is no support vehicle on this trip. However, if you have things you want for your travels after the bike trip, you can leave a bag in Helsinki with our local guide for the end of the trip.

Climate:

August is a turning point for Helsinki, as the sea temperature and rainfall reach their highest points but the daily temperature begins to descend as the northern city heads into autumn weather. The Finnish capital experiences an average daily temperature of 15°C / 59° F during August, with the average high being a beautiful 19°C / 66° F and the average low dipping down to just 11°C / 52° F. The mild summers in Helsinki result in many visitors coming to escape the heat, and tourism reaches a peak during the summer months.

The sea reaches its warmest temperature in August, after a hot July, at 13°C / 55° F.

Rain:

The warming waters result in more rain as well, and August holds the record as the rainiest month in Helsinki. Receiving an average of 90mm of rain, the month typically sees rainfall on 17 days—more than half of the month, so planning time for rainy days is important for outdoorsy tourists. To keep your personal items dry inside the panniers you will need to pack in dry bags.

Cloud and Humidity:

The days tend to be partly cloudy and the wind averages about 12-13 km/hour. Humidity peaks in the summer as well, though it remains comfortable at about 40-50 percent humidity throughout August.

Sunshine Hours:

Travelers hoping for extra hours to explore the city will enjoy the long days of summer in the north. The days at the beginning of August are just under 17 hours long. However, they will dip down to just 14 hours and 15 minutes by the end of the month, as Helsinki heads into a darker winter. The sunrise starts off at 5 a.m. and the sun sets just before 22:00. By the end of the month, the sunrise is at 6:10 a.m. and the sunset is at 20:30. Though the country may be known for its snow and cold weather, visitors to Helsinki will find plenty to do in this sun-loving area as many terraces and beaches are filled with both locals and tourists.

Other Considerations:

You will have the opportunity on the rest days to do laundry. You can always hand wash your clothes (underwear, cycling shorts, etc.) in a bucket and hang to dry overnight or hang off your bike.

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
- Travel documents: flights, travel insurance, etc...
- Credit card numbers and phone numbers (or a copy of your credit cards)
- Cash - US\$ Dollar can be easily exchanged at banks or money exchanges.
- Cash Euros (optional) It is possible to get Euros at the airport in Helsinki when you arrive.

Suggested clothing and gear packing list

- Dry bags for packing – 20L to 30L dry bags/sacks available at outdoor stores or heavy weight plastic bags.
- 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 or camp
- Cycling 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.
- 4 pair socks
- Bathing suit
- Rain jacket: lightweight – for warm rain
- Rain pants: lightweight pants that you can cycle in
- Gloves and toque: there can be cool mornings and evenings.
- 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/Adapters: Finland plugs are different than the USA/CANADA. You will need an adaptor for your electronic devices.
- Headlamp/flashlight and extra batteries.

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

Other Optional items

- Camera, USB drive, extra HD card, battery charger, adapters for electricity.
- Book/journal: paperback or lightweight
- Pens: for writing in the group journal and your personal journal.
- 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