

TouringMag Checklist

- ☐ 1. Comfortable riding gear
- ☐ 2. Gel seat cushion
- ☐ 3. Cruise control or throttle lock
- ☐ 4. Hydration system
- ☐ 5. Ear plugs
- ☐ 6. Invest in high-quality, breathable riding gear that suits the climate of your route.
- ☐ 7. Use a gel seat cushion to reduce pressure points and enhance seating comfort.
- ☐ 8. Install a cruise control device or throttle lock to maintain speed without straining your hands.
- ☐ 9. Stay hydrated by using a hydration system, easily accessible while riding.
- ☐ 10. Wear ear plugs to reduce wind noise and promote focus during long rides.
- ☐ 11. Take frequent breaks and stretch to maintain circulation and energy levels.
- ☐ 12. Adjust your posture periodically to prevent stiffness.