**PACKING LIST**

### Bike Equipment
- A good bicycle with tires in good condition
- ANSI or Snell approved helmet
- Small repair kit that will include: a tire, spare tube, tire irons, patch kits, Allen wrenches, screwdrivers, pump
- Rear view mirror
- Bike gloves
- Water bottles and cages (2)
- Frame pump
- Bike mountable bag
- Rain gear
- Bike lock & cable
- Rag

### Clothing
- T-Shirts
- Cycling Shorts
- Off-Bike Shorts
- Jacket
- Pants
- Warm-up suit
- Rain gear
- Underwear
- Socks
- Shoes
- Cycling Gloves
- Pajamas
- Swimsuit
- Hat
- Sweatband
- Wrap clothing in plastic bags inside luggage

### Toiletries
- Towel
- Washcloth
- Toothbrush
- Toothpaste
- Lotion
- Shampoo
- Soap
- Razor
- Nail clippers
- Brush/comb
- Deodorant
- Mirror
- Shower shoes
- Detergent
- Toilet paper (just in case)

### Camping Gear
- Duffel Bag (distinctive label)
- Sleeping bag
- Pillow Pad
- Tent
- Ground Cloth
- Rope
- Stakes
- Flashlight
- Clotheslines & pins

### First Aid
- Aspirin (pain killer)
- Band-Aids
- Lip balm
- Sun screen
- Disposable bags
- Insect repellent
- Ointment
- Any personal medicines
- Insurance card

### Miscellaneous
- Sunglasses
- HALT spray (to keep dogs away)
- Knife
- Camera (and film)
- Watch
- Ear plugs
- ID (driver’s license)
- Money/ travel’s checks/ credit card
- Journal
- Pens/ pencils
- Writing materials & stamps
- Reading material
- Cell phone (if available) for emergency contact

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