

# Bicycle Touring Packing List

The packing list below is the standard bicycle touring packing list for fully supported rides. The listed items include all, or most, of the personal items that you will want to bring on the tour. The list tries to anticipate any kind of weather conditions. Even though we are riding in the summer, strange weather events can happen at any time. Don't underestimate the warm riding gear, we will be starting out in the early morning and it can be rather chilly in the morning even on days that end up very hot.

This list also includes gear for activity days such as river rafting, light hiking, or just wandering around town in the evening. When on the river you should bring clothing appropriate for that – particularly sun protection and strap on sandals (like Teva's). Any hiking that we do will be fairly light duty hiking so a basic walking shoe/light hiking boot should suffice.

You will be able to take a shower every day – either in the hotel, campground showers, or our own portable showers. Please note the towel and washcloth on the list below. When camping on our own water supply we will need to take "Navy" showers and a washcloth is pretty much required to pull that off. You will be able to wash your riding cloths every day, thus we list 2 sets of riding cloths – just in case one does not dry in time.

Remember that we provide all of the other camping and support gear that the group as a whole will need. You do not need to bring your camp dishes or eating utensils and other gear like that. And there will be more snacks and energy bars available than you can eat.

We recommend packing your gear into 3 duffel bags - your main clothing and toiletries bag, a camping gear bag, and a bike gear bag. Most of your gear will go in the main bag and you will need this every night. Your camping gear bag contains the camping gear listed below and you won't need this when we stay in motels. Your "for the bike" gear goes in the bike gear bag and it should contain everything you need to get going in the morning or that you will want in the sag wagon "just in case".

## For the Bike

- Your Bike – In good working order
- Helmet
- Rearview mirror
- Two 20-oz. water bottles (or equivalent hydration pack)
- Frame bike pump
- Simple tools (tubes, patch kit, pump and rag)
- Spare tube and tire (folding)
- Small bungee cord

## Cycling Clothing

- Short-sleeve jerseys (2)
- Long-sleeve jerseys (1)
- Shorts (2)
- Arm warmers and leg warmers or tights (1)
- Wind jacket
- Bike shoes
- Biking socks (2-3)
- Gloves (one short-finger, one long-finger or thin glove liners to be worn under short gloves)
- Shoe or toe covers
- Sunglasses
- Hankies/ bandana
- Cycling Raingear

## Camp Clothing

- Shorts (2)
- Long pants (1)
- Socks (3-4)
- Underwear
- Short-sleeve shirts (2-4)
- Long-sleeve shirts (1-2)
- Walking/hiking shoes
- Hat and gloves (warm)
- Swimsuit
- Sun shirt and sun hat
- Rain gear (water repellent breathable fabric)
- Warm jacket (fleece)
- Sandals

## Toiletries

- Bath towel, hand towel and washcloth
- Toothbrush and toothpaste
- Skin lotion/moisturizer
- Sunscreen and sunburn care lotions
- Lip balm
- Chamois butter
- Soap and shampoo (Biodegradable please)
- Personal hygiene products
- Medications such as aspirin or ibuprofen
- Antacids and personal prescriptions
- Calamine lotion, and/or hydrocortisone cream
- Insect repellent
- Band-aids
- Moleskin and blister care products

## Camping

- Tent and rain fly
- Ground cloth
- Sleeping bag
- Sleeping pad
- Sheet and thin blanket  
(In case it is too hot to sleep in your sleeping bag)
- Camping pillow
- Flashlight, extra bulbs and batteries

## Other

- Camera and spare batteries
- Binoculars
- Earplugs (for sleeping)
- Pocket knife
- Book
- Deck of cards
- Personal identification
- Cash
- Bank card
- Postage stamps and address book
- Journal or notepad and pen
- Plastic bag for dirty laundry