

Suggested packing list

On your bicycle/person:

Helmet
Bike gloves
Computer
Two water bottles
Air pump/inflator
Spare tube(s)
Tire irons
Rack, handlebar or under seat bag
Lock and cable
Cell phone
Rearview mirror
Sunglasses
Sunscreen
Lip balm w/sunscreen
Sweatband/headband
Medication/first aid
Medical/personal ID/info
Money/credit card

Camping:

Duffel bag(s)
Tent/ground cloth
Tent stake hammer
Sleeping bag
Sleeping pad
Air mattress/inflator
Pillow
Flashlight/headlight
Small battery operated fan

Clothing:

Cycling jerseys
T-shirts
Cycling shorts
Regular shorts
Rain jacket/suit/pants
Socks
Cycling shoes
Camp shoes
Shower shoes
Swimsuit

Toiletry Kit:

Towel and washcloth
Shower gel and shampoo (flip top style preferred)
Deodorant
Toothbrush/paste/floss
Comb/brush
Spare glasses/contacts
Razor
Mirror
Nail clippers
Lotion

First Aid:

Band aids/bandages
Antibiotic ointment
Anti-chafing/saddle sore meds
Insect repellent
Aspirin/other pain relief meds
Prescription medicines

Tool Kit:

Chain lube
Spare tube
Tube repair kit
Small screwdriver
Hand cleaner, rag
Plastic tape
Tools to fit your bicycle
Extra nuts and bolts/spokes

Miscellaneous:

Chargers for electronics
Map
Bike tag
Money
Insurance card
Credit card
Driver's license
Bandana/dew rag
Emergency food
Toilet paper
Notebook/diary/pencil
Bicycle serial number

Optional

Camera, memory card(s)
Allen wrench
Large plastic bag poncho/cord
Fanny pack
Sewing kit/repair kit
Clothes line/clothespins
Ziploc bags
Trash bags
Shower bag
Ear plugs