

## **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