SUGGESTED PACKING LIST

Each participant may bring one medium-sized bag (such as a carry-on suitcase or duffle bag) containing personal items/toiletries/clothes, plus one additional bag containing camping gear.

Bags must be tagged to identify ownership

Please make sure your luggage can be carried comfortably

BICYCLE

Bike in good working order	
Bike lock	
Water bottles	
Tools, spare tube	
Daypack or handlebar bag	
Helmet	

CAMPING

Tent	
Sleeping bag/bedding	
Air mattress/pad	
Pillow	

OTHER ITEMS

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Glasses/contacts	
Sunglasses	
Cell phone	
Camera/Tablet computer	
Chargers	
Identification	
Money, credit/debit cards	
Pen/paper	
Flashlight	
Earplugs/eye mask	
Bottle opener	
Jackknife	

CLOTHING

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TOILETRIES

Towel	
Toothbrush/toothpaste/floss	
Soap/shampoo	
Sunblock	
Deodorant	
Brush/comb	
Lotion	
Shaving supplies	
Feminine items	
Prescription medications	
Ibuprofen/Acetaminophen	
Insect Repellent	
Band-aids	
Lip Balm	

^{*} We recommend you bring a change of clothes to wear after biking for the day. We recommend you consider bringing a long sleeve shirt, pants and a hat since evenings can be cooler...with the potential for mosquitoes, depending on weather conditions.