

Note: This list is intentionally extensive. Not every cyclist will bring every item on every tour.

The Two Essentials

- | | |
|---|---------------------------------|
| <input type="checkbox"/> Bike
(700C / 29" WHEELS, 8+ GEARS, 1" TIRES, COMFORTABLE) | <input type="checkbox"/> Helmet |
|---|---------------------------------|

Gear Storage

- | | |
|---|--|
| <input type="checkbox"/> Hydration pack (OR BOTTLES) | <input type="checkbox"/> Cargo rack plus trunk bag |
| <input type="checkbox"/> Saddle (underseat) bag (OR SMALL BACKPACK) | <input type="checkbox"/> Panniers |
| <input type="checkbox"/> Handlebar bag (OR WAIST PACK) | <input type="checkbox"/> Trailer |

Bike Accessories

- | | |
|---|---|
| <input type="checkbox"/> Headlight | <input type="checkbox"/> Mirror (for handlebar or helmet) |
| <input type="checkbox"/> Taillight (with blinking option) | <input type="checkbox"/> Fenders |
| <input type="checkbox"/> Lock | <input type="checkbox"/> Water bottles with cages (OR HYDRATION PACK) |
| <input type="checkbox"/> Cycling computer/GPS/cellphone w/app | <input type="checkbox"/> Straps/bungee cords |

Core Repair Items

- | | |
|---|---|
| <input type="checkbox"/> Spare tubes (and/or patch kit) (2 EXTRAS!) | <input type="checkbox"/> Tire levers |
| <input type="checkbox"/> Pump / CO2 inflator | <input type="checkbox"/> Cycling multi-tool (with Allen wrenches) |

Additional Repair Items (WE WILL HAVE A FULL REPAIR KIT, STAND, & PUMP IN THE VAN)

- | | |
|---|---|
| <input type="checkbox"/> Patch kit (and/or spare tubes) | <input type="checkbox"/> Spare tire |
| <input type="checkbox"/> Pressure gauge | <input type="checkbox"/> Chain tool (OPTIONAL) |
| <input type="checkbox"/> CO2 inflator (with cartridges) | <input type="checkbox"/> Replacement chain links |
| <input type="checkbox"/> Spare spokes (minimum of 6) | <input type="checkbox"/> Lubricant (OPTIONAL) |
| <input type="checkbox"/> Spoke wrench | <input type="checkbox"/> Brake and derailleur cables |
| <input type="checkbox"/> 6" adjustable wrench | <input type="checkbox"/> Spare components |
| <input type="checkbox"/> General purpose multi-tool | <input type="checkbox"/> Spare cleats |
| <input type="checkbox"/> Assorted nuts and bolts | <input type="checkbox"/> Repair/duct tape |

Camping Basics

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Tent or tarp |
| <input type="checkbox"/> Sleeping pad | <input type="checkbox"/> _____ (see our Backpacking Checklist) |

Basic Clothing

- ☐ Wicking jersey or top
- ☐ Padded shorts or tights (Bibs are great)
- ☐ Gloves
- ☐ Shoes suited to bike's pedals
- ☐ Cycling socks
- ☐ Buff/bandana/cap/skullcap

Weather Protection

- ☐ Rainwear
- ☐ Stowaway windbreaker
- ☐ Insulation layer(s) for cool air
- ☐ Weatherproof, full-fingered gloves (OPTIONAL)
- ☐ Arm/leg warmers (OPTIONAL)
- ☐ ~~Visibility vest~~

Personal Items

- | | |
|---|--|
| <input type="checkbox"/> Eye protection (sunglasses or clear lenses) | <input type="checkbox"/> Meals/snacks |
| <input type="checkbox"/> First-aid items (see our First-Aid Checklist) | <input type="checkbox"/> Performance food/gels/drinks (2 snacks/day) |
| <input type="checkbox"/> Medical info/emergency contact card | <input type="checkbox"/> Guidebook or route description |
| <input type="checkbox"/> Toilet paper/tissue | <input type="checkbox"/> Maps |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Off-day clothing |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Chamois cream (ABSOLUTELY) | <input type="checkbox"/> Cell phone |
| <input type="checkbox"/> Small, quick-dry towel for cleanups | <input type="checkbox"/> Cash/credit card/ID |
| <input type="checkbox"/> Baby powder | <input type="checkbox"/> Biodegradable soap / Dr. Bronners |
| <input type="checkbox"/> Insulated mug / meal kit | <input type="checkbox"/> Bible |