

BICYCLE RIDES NW

CLOTHING & EQUIPMENT SUGGESTION LIST

BICYCLE GEAR

- _____ Bicycle (well-tuned/correct gearing)
- _____ Helmet
- _____ Tire pump (mounted on bike)
- _____ Handlebar or rack bag (optional)
- _____ Two 20 oz. water bottles
- _____ Rearview mirror (optional)
- _____ Lock and cable
- _____ Cyclometer (optional)
- _____ Plastic cover (for rainy nights)

CAMPING GEAR

- _____ Tent
- _____ Ground Cloth
- _____ Sleeping bag
- _____ Sleeping pad
- _____ Camp pillow
- _____ Clothesline and clothes pins
- _____ Flashlight, extra bulbs & batteries

BICYCLE CLOTHING

- _____ Cycling shoes
- _____ Cycling gloves (short & long fingered)
- _____ Cycling shorts (3+ pairs)
- _____ Cycling jerseys (3 - 4)
- _____ Cycling socks (4 - 7)
- _____ Cycling shoe/toe covers
- _____ Cycling rain gear
- _____ Cycling tights
- _____ Leg warmers / arm warmers
- _____ Ear Warmers
- _____ Wind jacket
- _____ Sunglasses

TOILETRIES

- _____ Toothpaste & toothbrush
- _____ Lotion
- _____ Sunscreen
- _____ Lip Salve
- _____ Chaffing cream
- _____ Soap, shampoo & conditioner
- _____ Feminine hygiene products
- _____ Medications: aspirin, ibuprofen,
- _____ Antacids, personal prescriptions
- _____ Bug Repellent

CAMP CLOTHING

- _____ Short-sleeve shirts / tank tops (2 - 4)
- _____ Shorts (2+)
- _____ Long pants (1)
- _____ Long-sleeved shirt/sweater (1)
- _____ Socks (3 - 4)
- _____ Underwear
- _____ Shoes/sandals
- _____ Hat & gloves
- _____ Swimsuit (optional)
- _____ Warm jacket (fleece)

OTHER

- _____ Camera & Accessories
- _____ Ear plugs (optional)
- _____ Book / Journal
- _____ Pen / pencil
- _____ Stamps / Address Book
- _____ Binoculars
- _____ Favorite energy snacks
- _____ \$\$'s for extras

TOOLS

- _____ Spare tubes
- _____ Patch Kit
- _____ Tire levers
- _____ Extra spokes / wrench
- _____ Chain Lube
- _____ Rag
- _____ Any special tools needed for your particular bike

DO NOT BRING

- Boom Box
- Flammable fuels or stoves