Biking Trip: Personal Equipment List

Please check off each item as you assemble your equipment to make sure that you have everything. OA will provide bikes, panniers, and helmets.

If you already own these items or could borrow them, PLEASE BRING YOUR OWN.

_____ **1 sleeping bag with stuff sack:** Any summer weight synthetic fill bag will do (fills like Polarguard Delta, CloudLoft, PrimaLoft, Thermic CF). If the bag has a temperature rating, a 35 to 45° F bag should be fine. The bag should have a nylon shell both inside and outside. Down bags are acceptable, but extra care must be taken to keep them dry. ***Do not bring bags with cotton shell, fill, or lining***—if they get wet, you'll never get them dry.

<u>You MUST provide the following items</u>. Outdoor Action cannot supply them to you.

<u>Biking-specific items (required):</u>

_____ **2 pair bike shorts with padding**
_____ **1 pair biking gloves**

<u>Feet</u>:

_____ **1 pair sneakers:** These will be your biking shoes. Make sure they are well-fitting and comfortable. Also, take into consideration that some wide base fitness shoes will not fit comfortably into the bike pedals. If you have the opportunity to test out your shoes, it might be very helpful.
_____ **1 pair camp shoes:** Your feet will be tired at the end of the day, and you'll need comfortable shoes to wear around camp. Camp shoes could be: sneakers/running shoes, Crocs, or sandals with a heel strap (e.g. Chacos) that will stay on your feet (**not flip-flops**). We recommend that your choice dries quickly.
_____ **3 pairs of socks:** these should be athletic wicking socks, not just cotton socks.

<u>Lower Body:</u>

_____ Underwear as needed (recommended 1/day for females). Synthetic preferable.
_____ 1-2 pairs non-cotton, loose-fitting, athletic shorts
_____ 1 pair non-cotton long pants, loose-fitting: nylon, synthetic, fleece, or 50/50 synthetic/cotton blend. Athletic warm-ups are great. ***No blue jeans or sweatpants***—they take too long to dry!
_____ 1 pair lightweight polypropylene long underwear bottoms (optional but highly recommended if you get cold easily)
_____ 1 pair waterproof rain pants or rain chaps, coated nylon (optional)

<u>Upper Body:</u>

_____ T-shirts: 2 synthetic OR 2-3 synthetic/cotton (must be at least 50% synthetic).
_____ 1 long-sleeve shirt: synthetic (like under armour or nike drifit), athletic warm-up, 50/50 synthetic/cotton blend
_____ 1 synthetic fleece jacket or wool sweater: It can get chilly at night! (no cotton in this layer)
_____ 1 rain jacket or poncho: coated nylon or waterproof/breathable fabric like Gore-tex. **Make sure it's still waterproof**—the waterproof coating on nylon rain jackets degrades over time! You can easily test in the shower. Don't bring heavy rubberized rain jackets; they weigh a ton and you'll end up getting very hot and sweaty. Be careful with windbreakers and track jackets, most are not waterproof, especially if they do not have a hood. **Water resistant is not the same as waterproof**.

<u>Head</u>:

_____ 1 brimmed cap (wide-brimmed, baseball, etc) for sun and rain protection (optional)
_____ **1 wool or synthetic fleece hat for warmth at night**

(continued on back)

Other:

Personal

_____ **Any medications you will need to take during the trip (allergy medications, inhaler, etc.)**

_____ Glasses, contact lenses, and contact solution as needed. Some people find it hard to keep their hands clean enough to be comfortable handling their contacts, and therefore prefer glasses, so we encourage bringing a **spare pair glasses** as back-up.

_____ Feminine hygiene products as needed

_____ 1 toilet kit: Only toothbrush, small tube of toothpaste, comb/brush, sunscreen**,** and lip balm. ***Do not bring "smellables" like shampoo, soap, shaving cream, deodorant, etc.*** Things that "smell good" to us are an attraction for insects and animals. OA will provide biodegradable soap.

_____ Insect repellent. Repellents with high concentrations of DEET are hazardous, so please do not bring products with more than 35% DEET. No aerosols please—it's bad for the environment.

Gear

_____ **2 one-liter reusable biking water bottles.** *You must have these water bottles!* We recommend plastic bottles (a non-BPA plastic or polyethylene). They should fit in a standard bike water bottle cage.

_____ 1 small flashlight or LED headlamp with fresh, alkaline batteries (alkaline batteries last longer). Headlamps are preferred, as they leave your hands free. **It gets very dark, don't forget this.**

_____ **At least 3 heavy plastic garbage bags**: one for sleeping bag, two for inside your panniers

_____ **5-6 gallon size Ziploc bags** or 2-3 plastic grocery bags for packing

_____ 1 plastic cup with handle

_____ 1 plastic bowl (Tupperware works great)

_____ 1 unbreakable spoon

_____ 2 bandannas or handkerchiefs. They are useful for many things in the outdoors.

OPTIONAL

_____ 1 closed-cell foam sleeping pad (3/8 in. foam) or inflatable camping pad (like a Thermarest—*not* a full-size inflatable mattress). OA is able to provide sleeping pads for all participants. If you already have a sleeping pad that you would like to bring instead, you can.

_____ 1 camera

_____ 1 small notebook and pencil

_____ 1 pair sunglasses or clip-ons

_____ Travel size packets of hand wipes/towelettes (like Wet Ones)

_____ 1 pair lightweight, synthetic gloves

_____ 1 individual bottle of hand sanitizer (2 oz.)

DO NOT BRING: *You'll survive without these things, we promise!*

- Electronics: cell phones, iPods, etc.
- "Smellables": (attracts bugs and wild animals) deodorant, makeup, nail polish, hair spray, etc.