

Biking Trip: Personal Equipment List

Don't Over Pack

Along with the items listed below, remember that you will be carrying some group equipment and food. You won't need any items that are not on the list. Your personal gear (not including sleeping bag or sleeping pad) should be able to fit in a five-gallon garbage bag.

Be Creative, Improvise, and Borrow!

Before you go out and make a major investment on equipment, make sure you really need the item and that you can get some use out of it after Frosh Trip. **The only items you absolutely must have are a raincoat and bike shorts & gloves.**

Equipment Discounts

See the Equipment Discounts link in your email for more information about various equipment discounts available as well as recommendations for specific items.

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

OA is able to lend this item if requested **before August 12.**

_____ **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.

You MUST bring the following items. Outdoor Action cannot supply them to you.

Biking-specific items (required):

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

Feet:

_____ **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 running shoes, Crocs, or sandals with a heel strap (e.g. Tevas or Chacos) that will stay on your feet (**not flip-flops**). Ideally, camp shoes should dry quickly.
_____ **3 pairs of socks:** these should be athletic wicking socks, not just cotton socks.

Head:

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

Upper Body:

_____ T-shirts: 2 synthetic OR 2-3 synthetic/cotton (must be at least 50% synthetic).
_____ 1 long-sleeve shirt: synthetic, 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: waterproof nylon or waterproof/breathable fabric like Gore-tex. Test in shower to **make sure it's still waterproof**—the waterproof coating on nylon rain jackets degrades over time! 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.**

(continued on back)

Lower Body:

- _____ 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 (optional)—see notes on rain jackets

Other:

PERSONAL

- _____ **Any medications you will need to take during the trip (inhaler, allergy medications, 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 of glasses** as back-up.
- _____ 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.
- _____ Menstrual hygiene products as needed

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.**
- _____ **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

- _____ OA provides foam sleeping pads for all participants, but you may bring your own if you prefer. 3/8in. foam or inflatable camping pad (like a Thermarest—*not* a full-size inflatable mattress).
- _____ Camera
- _____ 1 small notebook and pencil
- _____ Sunglasses
- _____ Travel size packets of hand wipes/towelettes (like Wet Ones)
- _____ 1 pair lightweight, synthetic gloves
- _____ 1 individual bottle of hand sanitizer (2 oz.)
- _____ Insect repellent. Please do **not** bring products with more than 35% DEET or in aerosol containers.

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

- Electronics: cell phones, iPods, etc.
- “Smellables”: deodorant (attracts animals, unhygienic when showers are unavailable), makeup, shampoo, etc.