

## BIKE TOURING STUFF

If using SAG vehicle, pack in panniers or small bags. Put name on everything.

Helmet & bike sunglasses  
Rearview mirror  
Tent; Ground tarp; Sleeping bag; air mattress  
Squashable small pillow.  
Small foldable lawn chair.

Clothes for off-ride time:

Warm, light-weight jacket or sweat shirt.  
1 pr long pants. Use the pants that legs zip off/combine as shorts.  
1 long sleeve T-shirt. 1 short sleeve T-shirt  
2 underwear  
1 pr sock  
1 pr sandals and good pr walking shoes  
Long johns for sleeping

For riding:

2-3 pr. bike shorts  
1 pr. long bike pants or pull on/off legs  
2-3 jerseys  
Bike shoes  
2-3 pr. bike socks  
Warm bike jacket or vest  
Rain jacket & pants & water proof helmet covers

For bike:

1 tire  
2 tubes & patch kit  
Mini-pump  
2 bottles or Camel-pac  
2 pr. Gloves  
Optional: Panniers, bungee cords  
Rear blinking light. Front light.

Misc:

Camera, flashlight, book, paper, pen, stamps  
Sunscreen; bug screen  
Pills (ie. Ibuprofen). Emergency kit to carry on bike.  
Credit card, phone card, cash  
Spoon, fork & pocket knife, plastic bowl & cup;  
If you plan to cook: one-burner stove, fuel, & cooking utensils;  
Plan to buy food as you go; energy bars  
Sm. container (↓1/2 oz) concentrated all-purpose liquid soap (serves as both  
laundry detergent & dish washing soap)  
Toiletries: Soap; Toothbrush/paste, comb, deodorant, Bag Balm (butt cream);  
Sm. towel & washcloth  
Plan to carry on you personal ID, emergency contact #'s, blood type, significant  
medical info.