



Suggested Bikepacking Gear & Packing List

Introduction

Down in Louisiana, weather can be hard to predict ahead of time. December's weather tends to be mild but can range greatly year to year. Typically temperatures will be in the 50's but it is highly recommended to check the weather a few days in advance to ensure you have the appropriate gear.

Key Considerations:

- **Avoid Cotton:** Opt for moisture-wicking materials instead of cotton, which retains moisture and can make you uncomfortable.
- **Consider Buying Used or Borrowing:** Not everything needs to be brand new. Borrowing from friends or purchasing from thrift stores can be budget-friendly options. We will have a limited number of bikepacking bags and other gear available to lend for this trip, please indicate at registration if you may need to borrow gear.

Bike and Equipment

Bike

- **Type:** This route consists entirely of gravel and paved road. Any bike that can handle gravel will be good for this route. This includes gravel specific bikes, mountain bikes, and cyclocross bikes. Even a road bike with tires good for gravel will work. Some areas of the course may have deep gravel so it is suggested that your tires are 32 mm or larger.

BIKE BAGS: There are *endless* combinations of bags, each person sets up their bike differently. Here are some categories of bags to get your started.

Rack and panniers: If your bike already has a rack on it and you may have panniers or other bags for commuting or other purposes, that will work great for most beginner bikepacking trips. You can also get creative with strapping gear to a rack with straps or a cargo net.

	Handlebar Bag: A purpose built handlebar bag can be purchased, however a lightweight dry sack (Sea to Summit, Outdoor Research, Ozark Trail) with a 6" to 8" diameter and 10-20L, secured with straps or bungee cords (Voile straps are a popular choice among bikepackers) works great as well.
	Handlebar Harness System: Alternatively you can purchase a harness from REI, Revelate Designs, or create your own. There are homemade examples online we encourage you to explore.
	Frame Bag: Full or half frame bags go in the center triangle of your frame. These can also be homemade with the right sewing tools. Otherwise REI offers affordable options.
	Saddle Bag: Attaches to your saddle. Can be a "holster" style that holds a dry bag or its own bag. Revelate Designs, REI, Ortlieb are a few brands.
	Cockpit/Top Tube Bags: Attaches to your top tube or cockpit. Various brands exist for this, but can be homemade with climbing chalk bags! These bags usually carry the snacks!
	Day Pack/Hydration Pack: Whether you need this and the size will vary depending on how much gear you can fit on your bike, but 5-20 liters is generally the most comfortable. Consider bringing multiple options to select the appropriate day pack after packing your bike bags.

SLEEP SYSTEM: Like bike bags, these systems vary. Experiment to find your preferred method.	
	* Sleeping Bag or Quilt: 40 to 50-degree sleeping bag. Down or synthetic, just needs to fit on your bike! Be sure to check the weather a few days ahead.
	* Sleeping Pad: Lightweight and compact (either inflatable or closed-cell foam). Yoga mats work great for short warm weather trips!
	* Shelter System: A small lightweight tent, camping hammock, or groundsheet and bivy.
	Travel pillow: inflatable pillows, camping pillows, or a dry bag stuffed with clothes also works

FEET	
	* Riding Shoes: Clipless cycling shoes and compatible pedals or stiff, closed-toed, flat shoes. Skate shoes and climbing approach shoes work great but tennis shoes will also work in a pinch for easier rides.
	Socks: Two pairs, one for riding and one for sleeping. Synthetic or wool.
	Camp Shoes (optional): Sandals, Crocs, or old sneakers work great.

HEAD	
	* Helmet: Required at all times for liability reasons
	Sunglasses (optional)
	Brimmed hat for sun protection when off the bike (optional)
	Beanie: Lightweight synthetic or wool if it will be cool at night

UPPER BODY	
	* Comfortable riding shirt: cycling jersey, synthetic running t-shirt, fishing shirt, linen button down, sun hoodie, or your favorite band shirt. Ideally with UPF sun protection.
	Comfortable clothes for camp (optional): This can be a spare t-shirt and shorts/skirt. Just something comfortable and dry for camp!
	Warm Layer: A long-sleeved synthetic, wool, fleece, or down jacket or sweater for cold mornings/evenings. A puffy vest would also be appropriate.
	* Rain Jacket or Poncho: Prioritize waterproof material, <i>water-resistant</i> jackets will not withstand sustained rain.
	Wind Jacket (optional): Lightweight and great for windy days
	Cycling gloves

LOWER BODY	
	* Comfortable Shorts and or Cycling Bibs: Don't have cycling bibs? No worries, a comfortable pair of athletic or hiking shorts can work well.
	Synthetic underwear and sports bras: Synthetic/wool is better than cotton but not necessary.
	Rain Pants (optional): Good for camp in heavy rain but not necessary or comfortable on the bike
	Comfortable clothes for camp (optional): This can be a spare t-shirt and shorts/skirt. Just something comfortable and dry for camp!

EQUIPMENT	
	* Water Capacity: Total 2-4 liters capacity. Some riders prefer hydration packs and some prefer water bottles or a combination of both!
	Water Purification: There are places with potable water and ride leaders will carry this as well, but it is never a bad idea to carry some. Aqua Mira solution, iodine, or a water filter work well.
	* Navigation Device: GPS or smartphone with appropriate app and charging capabilities. Bring a

	battery pack and charging cords for your phone and/or GPS (or extra batteries).
	* Mini First Aid Kit: Ride leaders will have some materials but it is good to bring your own as well. Many premade kits are available commercially, or you can build a small one yourself.
	* Lights: Rear tail light and a handlebar light.
	* Headlamp: With fresh batteries and extra batteries.

BIKE REPAIR: Depending on your ride length and experience, much of this may not be necessary. However every rider should always have a spare tube and tire levers, multi tool, and some way to inflate the tire (pump or CO2 cartridge)

	* Pump or CO2: Mini pump compatible with your valve (schrader or presta) and more than one CO2 cartridge.
	* Spare Tube: Replacement tube that is sized to your tires.
	* Tire Repair: *Tire plugs (for tubeless tires), tube patches.
	* Multi-Tool: 3, 4, 5, 6, and 8mm allen sizes are critical
	* Tire Lever: One or two.
	Chain Repair: Quick links sized to your chain (very handy, easy to carry, and cheap), chain breaker, and chain pliers are good too but may not be necessary for short rides
	Spare Parts: Spare bolts (cleat, rotor, frame), derailleur hanger, dropper post clamp. Not always necessary for short trips but good to keep on you if you have them.
	Other very useful items: zip ties, mini pliers, knife, needle and thread.

HYGIENE

	* Sanitization: *Hand sanitizer and/or soap.
	SPF Lip Balm and Sunscreen
	Menstruation Kit/Supplies
	Toothbrush & Toothpaste
	Backcountry Poop Kit: There is a restroom at the campground, however, it is recommended to be prepared if you need to go before then. Small trowel to dig a cat hole. Remember to pack out all toilet paper, please do not bury it. An opaque “modesty bag” or dog poop bags works well for

	this.
	Small Trash Bag: Gotta put those Gu packets and Clif Bar wrappers somewhere!
	Glasses, contacts, contact solution, contacts case, travel mirror (if applicable)
	Medications
	Bug Repellent: A staple for outdoor adventures in Louisiana. Sprays are common, cheap, and easy. Other methods are wearables, locations, and electronic devices.

KITCHEN ESSENTIALS: Not everyone cooks while bikepacking, many folks will pick up food at gas stations, restaurants, or convenience stores. If you want a hot meal or drinks this is a good list to follow but is not required.	
	Stove: MSR Pocket Rocket style stoves are simple and light. Liquid fuel stoves like Whisperlites or Dragonflies are cheaper to operate and last longer but are not as intuitive to use. Simple alcohol stoves with a windscreen are also cheap, widely available, and easy to use. Keep in mind not all wilderness areas allow fires, so check local regulations before bringing stoves into the backcountry.
	Fuel: White gas, isobutane, or denatured alcohol.
	Cooking Pot: One lightweight 1-1.5 liter pot with a lid.
	* Eating Utensils: Spoon/spork, mug/bowl.
	Lighter

OPTIONAL	
	Cash: While cards are accepted for many of our daily lives, many of the rural areas you may ride in may not accept credit cards. Good to have a few bucks for emergencies.
	Bandana: Many uses!
	Camp Chair: A little comfort at camp can go a long way.