

You will need

A bike, rack and painers

Part of a tent or hammock

Sleeping bag (in a water proof stuff sack)

Mattress for sleeping

Helmet

Sturdy shoes (not crocs)

Padded Bike Gloves (fingerless or not)

Water proof shell (jacket or poncho)

Light weight clothes

wicking t-shirt

shorts with pockets

2 pairs of socks

2 pairs of underoos (wear 1 pack 1)

Warmer clothes to camp in:

long sleeve shirt

knit hat

Optional clothes -Bandana

long rain pants (also good for hanging out in the evening)

2nd biking t shirt or a non smelly sleeping t shirt

Gear

Camel Back or water bottles (old soda bottles, etc. work fine)

Dental hygiene stuff

Flashlight or Bike Light

Plastic Bags to keep your stuff dry in

Suntan lotion

Bug repellent

Camera aka "cell phone" and charger

You might also want to bring/share with your group/have access to

Pocket knife

Duct tape

First Aid kit

Bike Tools

Bike Pump

Straps and Bungee Cords

A Positive Mental Attitude.

Flexibility. Willingness to endure discomfort, put crew before you