Wilderness TREK Biking Packing List:

Please pack your gear in one 1 medium size duffle bag and one a day-sized backpack. The tour is van supported so you will not need to carry your gear on your bike. You will want to have the backpack to carry your lunch and an extra shirt or rain coat. Also, make sure gear is suitable for biking.

Headwear:
___ 1 hat or sun visor
___ 1 fleece ski hat
___ 1 headlamp (w/ extra batteries!)
___ 1 pair of sunglasses
___ 1 bandanna or sweatband

Upper body clothing:
___ 1 polypropylene or woolen long underwear top base layer (cotton is not acceptable!)
___ 2 t-shirts (polypropylene is preferred!)
___ 1 cycling jersey (brightly colored)
___ 1 fleece jacket (sweatshirts and other cotton items are not acceptable!)
___ 1 light nylon windbreaker jacket (this is a good anti-mosquito layer)
___ 1 waterproof rain jacket (breathable preferred; suitable for biking; no ponchos!)

Lower body clothing:
___ 1 polypropylene or woolen long underwear bottom base layer (cotton is not acceptable!)
___ 3 pairs of underwear
___ 1 pair of poly-pro, lycra, or wool tights
___ 1 pair of nylon shorts
___ 1 pair of cycling shorts (you will be glad you brought them)
___ 1 bathing suit
___ 1 pair of wool or fleece pants
___ 1 pair of waterproof rain pants (breathable preferred; suitable for biking)

Footwear:
___ 1 pair of firm soled shoes for cycling
___ 1 pair of sneakers or TEVA styled sandals for camp
___ 3 pairs of medium weight socks (polymix wears better)

Equipment:
___ 1 medium sized duffle bag
___ 1 day sized backpack (carry lunch, extra clothing, rain gear)
___ 1 sleeping bag (mummy style rated at 30 degrees or lower)
___ 1 foam sleeping pad
___ 2 one-liter water bottles
___ 1 thermal mug, bowl and spoon
___ 1 cotton bandanna
___ toiletries (toothbrush, paste, brush, sunscreen, lip balm. No soap or shampoo!)
___ 1 small pocket knife

If You Are Bringing Your Own Bicycle:
___ Bicycle, tuned with at least 18 gears *
___ Helmet *
___ Water bottle with cage.
___ Rear rack with bungee cords.
___ Bike Lock (we suggest a six-foot cable with a combination padlock).
___ Bike is tuned and fits properly!*
Personal tool kit containing: a tire patch kit, two spare tubes that fit your bicycle, a set of three tire irons and a dependable frame mounted air pump.

* Required
*If you wear contact lenses you MUST bring a pair of glasses as a back-up!
Optional Items: Crazy Creek chairs, Camelbak, sunglasses, camera, book, readings to share, personal journal, Frisbee, hackysack, insect repellant, wool gloves