A note on packing light: Though you will be “car camping,” we do have a minimal amount of space in the vans/buses for all the group’s gear and equipment. When you arrive at your site, the less that you have to keep track of and store in your tent the easier your life will be for the week. The list below is what we find to be most helpful when packing for a week-long car camping trip without being too minimal or having too much.

* Renting/Borrowing equipment: We have a limited supply of some items available to rent or borrow. Those items are indicated with an * symbol.

**CLOTHING**

A requirement for most of the clothing listed here is that it is not made from cotton. While cotton is affordable and comfortable, when it rains, cotton absorbs a lot of water (making it very heavy), it doesn’t dry quickly (keeping you wet and cold longer) and the fibers compress (reducing its ability to keep you warm). Wool and many synthetic fibers don’t absorb a lot of water, dry quickly, and maintain their ‘loft’ when they get wet. Hence, the specificity here for cotton, vs. non-cotton.

- 1 15-liter stuff sack to contain clothes (and become your pillow!)
- 1 set of non-cotton long underwear tops / bottoms – Synthetic or wool (no cotton) – think Under Armor or similar.
- 2-4 quick dry t-shirts (no cotton)
- 1 cotton t-shirt (optional) – Some find comforting to change into a cotton t-shirt once in camp if the weather is nice.
- 1-2 pairs of quick dry/athletic shorts (no cotton) – These should be comfortable and not restrictive to bike in all day long.
- 2 pairs padded biking shorts – These don’t need to be high-end, brand name. As long as you have some sort of padded shorts, you’ll be happy.
- * 1 waterproof rain jacket – You don’t want a yellow rain slicker, but something made as a rain jacket for active outdoor activities.
- * 1 pair waterproof rain pants
- 4-6 pairs wool / synthetic fiber socks (no cotton)
- 1 light warm hat - Wool or synthetic fiber.
- 1 fleece/or lightweight synthetic down jacket - If a light down jacket, synthetic down is best for our purposes.
- **2 - 4 pairs underwear** - However many you need for a week’s worth of living outdoors – we’re not here to judge! No cotton.
- **Sports bras (optional)** However many you need for a week’s worth of living outdoors – we’re not here to judge!
- **Bathing suit** – After a long day of riding, a nice cool dunk in the river couldn’t feel any better.
- **Small pack towel**

## PERSONAL ITEMS

- **1 pair bike shoes or light hikers** – Closed toe, below the ankle, active shoes. Sneakers work just fine, but there are special shoes made specifically for mountain biking. You don’t need ‘mountain biking shoes’ specifically, but they are great if you’re already in the market for a new pair of shoes.
- **1 pair camp shoes/closed toe sandals** – Chucks, tennies, sneakers...etc.
- **1 pair water shoes** – Sandals with a backstrap or any kind of shoe that stays on while in the water will work fine.
- **Sun hat or bandanna**
- **1 pair sunglasses and protective case**
- **Toiletries** – What to bring varies a lot from person to person, but here are some reminders. For all of the items listed here, please remember to bring small, travel sized versions. Space is limited on your trip!
  - **Toothbrush/paste**
  - **For those who wear contacts:** Enough for 5 days plus extra just in case; plenty of contact solution (you may need to rinse your hands with it in the morning and evening); glasses incase you lose your contacts or have any issues with your
  - **Life-saving or essential medications/prescriptions** (Epipen, inhaler, insulin, anti-anxiety or depression medication...etc)
  - **Hand Sanitizer**
  - **Bug Spray & Anti-itch bug ointment**
  - **Sunblock & lip balm**
  - **Optional comforts:** Hairbrush (if you have hair to brush), wet wipes for a “trail shower”
ESSENTIAL EQUIPMENT

☐ 1 large duffel bag – To store your personal belongings for the week.
☐ 1 daypack with a 2–3-liter hydration pack
☐ * Bike helmet – Must be in good, functioning condition and fit well.
☐ * 1 sleeping bag (30-20-degree rating) - Synthetic down (no cotton).
☐ * 1 sleeping pad
☐ 2 One-Liter plastic or metal water bottles – Must be durable and reusable. Nalgene makes a very good reusable water bottle. A reused 32oz Gatorade bottle is more affordable and will last just about the length of your TREK trip.
☐ Plastic or metal eating/dining set - Bowl, spoon/fork, and mug. Plastic Tupperware and disposable cutlery works just fine!
☐ Thermos or mug
☐ Cycling gloves - They don’t have to be fancy, just lightweight and fit well.
☐ 1 headlamp with extra batteries

OPTIONAL ITEMS

☐ Camera
☐ Personal journal and pen
☐ Musical instrument that easily travel (no full-size guitars)
☐ Favorite poem or prose for around the campfire
☐ Nighttime reading book
☐ 1 Pocket Knife/Leatherman multi tool/bike specific multi tool - Usually to help out around camp and during meal prep.
☐ Camp Towel – For drying off after a swim.
If you’re planning on bringing your own bike:

Bring it into a bike shop with a dedicated bike mechanic, explain to them that you’ve just signed up for a 5-day mountain biking trip and:

1. Ask them to ensure your bike is appropriate for a 5-day trip — not all mountain bikes are. Many mountain bike companies keep costs low by building the bike with less durable metals or simpler designs. These bikes tend to brake in ways that cannot be repaired. If you’re bringing your own bike, it must be repairable.

2. Have it tuned so it is in good working condition when you arrive for TREK.

3. That it is fit to you comfortably.

4. Aside from one that works and is in good mechanical condition, you’ll want one that at least has some form of front suspension — a front shock that will take out some of the thumping and pounding that you’ll experience on the trails. Full suspension bikes — with shocks attached to both your front and rear wheel — are super nice, but not necessary if you are just getting into the sport. If you have questions regarding how appropriate your bike is for TREK, feel free to drop a line to the TREK logistics crew (trek@uvm.edu).