

BIKETERNITY Gear Checklist

One of the first questions we receive from riders is: "What should I bring on tour with me?"

The following gear list is what we feel you will need to enjoy your trip and to be prepared for the varied weather conditions. We do ride in rain, but not in a thunderstorm. Space in the van/trailer is very limited so pack very tightly and **ONLY** bring what is needed (nothing more). Please **DO NOT** bring anything that is irreplaceable or breaks easily as we will be packing gear very tightly. If your trip is more than 10 days in length, we will be going to a Laundromat midway through the trip, so do not feel as if you have to pack a new outfit for every day. We will also be washing out cycling clothes on a regular basis.

All your gear, except for your helmet, sleeping bag, and pillow should fit within a 4500 cubic inch soft-sided duffel bag and not weigh more than 50 lbs. **NO SUITCASES OR FOOTLOCKERS ALLOWED!** Your remaining gear, namely helmet, sleeping bag, and pillow should be in a separate, similar sized bag.

CLOTHING

3-4 Undergarments	TShirts (2 provided)	1-2 shorts
Sneakers or Sandals (Off Bike)	Shower Shoes	1 Long Pants or Sweats
1 Sweatshirt or Fleece	1-2 socks	2-3 Non-Sport Bras
Swimsuit	1 Sleepwear	Hat or Cap

CYCLING CLOTHING

Cycling shoes or Sneakers (On Bike)	2-3 Jerseys (wicking)	Long Cycling Pants (Leg warmers, Rain Pants, Etc.)
Wind Jacket or Rain Jacket	2-3 Sports Bras	2-3 Shorts or Cycling Shorts
2-3 Cycling Socks	Cycling Gloves	

PERSONAL ITEMS

Toiletries	Towel	Sunscreen
Cell phone (NOT ON BIKE)	Camera	Book or Journal (provided or bring own)
MP3/iPod		

EQUIPMENT

Sleeping Bag	Sleeping Pad	Pillow
Flashlight or Headlamp		

CYCLING EQUIPMENT

Bicycle	Helmet	2 Water Bottles or Equivalent
2 Spare Inner Tubes	2-3 Tire Levers	Patch Kit
Handlebar or seat bag	Sunglasses	Bicycle Bell

If you wish, you may also bring small travel games and cards when we don't have an evening activity.

If you have any questions or concerns about equipment to bring on the trip please feel contact Arlen Hall (508-864-1308), arlen@biketernity.org.