

## *Essential Gear List For California Bike Extravaganza*

<b>ESSENTIAL ITEMS:</b>	<b>DESCRIPTIONS:</b>
Sleeping Bag & Stuff-Sack	Keeps you warm at night (down or synthetic are fine), should be rated to at least 20 degrees
Sleeping Pad	<i>Enhances comfort and helps to keep you warm and dry</i>
Day Pack, or Medium-sized Duffle Bag	<i>Your school backpack is fine, duffles should be between 3000 – 4000 cubic inches (just like an athletic bag), it will be used as your carry-on for the train ride and flight.</i>
Raingear	<i>A complete set (top &amp; bottom) that is fully waterproof</i>
Long Underwear	<i>A complete set, top &amp; bottom (buy synthetic or wool materials – they will keep you warm even when wet)</i>
Camp Shoes	<i>Any comfortable shoes to wear around the campsite at the end of the day</i>
Warm Long Pants	<i>Fleece pants are best</i>
One Pair of Wool Socks	<i>They will keep your feet warm even when wet</i>
Five Pairs of Cotton Socks	<i>For use with your biking shoes</i>
Two Pairs of Shorts	<i>Preferably made of quick dry material (like most soccer shorts)</i>
Three T-Shirts	<i>Cotton is OK, but synthetic materials are better (anything that is quick dry would be great)</i>
Fleece Pullover/Jacket	<i>Used as an extra warm layer</i>
Underwear	
Swimsuit	
Hat with Brim	<i>Used for sun protection</i>
Winter Hat	<i>For chilly nights</i>
Toiletries	<i>Biodegradable and in small containers – toothbrush, toothpaste, lotion, comb</i>
Sunscreen & Lip Balm	<i>At least SPF 15</i>
Bug Repellent	<i>Repellent with deet is preferred – no aerosol</i>
Sunglasses & Strap	<i>Polarized glasses with 100% UV protection are best</i>
Small Flashlight or Headlamp	<i>Which ever is your preference (the nice thing about headlamps is that you have both hands free to do things)</i>
Extra Batteries	<i>For your flashlight/headlamp – usually AA or AAA</i>
One Box of Re-sealable Freezer Bags	<i>One-gallon size is best, they are used to waterproof gear (do not buy the bags with the zipper on top)</i>
Spending Money	<i>Used to buy snacks or souvenirs while traveling to your destination, use your discretion with the amount you bring (keep in mind that the trip ends with two days in San Francisco)</i>
70oz Hydration Pack or 2-32oz Hard Plastic Water Bottles	<i>Hydration packs are useful and encouraged. If you choose this option, make sure it holds at least 70oz, also bring one wide-mouth hard plastic water bottle.</i>
Bowl & Spoon	<i>Any re-usable plastic bowl will do, the spoon can come right from your kitchen</i>
Insulated Mug w/ Lid	<i>Used for hot drinks at campsites</i>

<b>BIKE SPECIFIC ITEMS:</b>	<b>DESCRIPTIONS:</b>
Bike	<i>Make sure that it is the correct size and suitable for touring and carrying rear panniers</i>
Biking Shoes	<i>These can be tennis shoes or biking specific shoes, it's your choice</i>
Spare Parts	<i>At least two extra inner tubes that fit your bike's tires</i>
Bicycle Rack	<i>Make sure that the rack you buy fits your bike and panniers, and can hold weight well</i>
Rear Panniers	<i>Large rear panniers, used to carry most of your gear and some of the group's gear.</i>
Water Bottles & Cages	<i>Two bottles that will fit into the water bottle cages on your bike frame (these are in addition to the water bottles/hydration pack mentioned above)</i>
Helmet	<i>Make sure it is industry approved and fits well</i>
Bungee Cords	<i>Bring at least four of various lengths, but avoid ones that are super short</i>
Padded Bike Shorts	<i>Not the most attractive, but they add needed comfort to your ride</i>
Tool Kit	<i>Should include at least these items: allen wrenches that fit the bolts on your bike, tire irons, tube patch kit, and a small adjustable wrench</i>

<b>OPTIONAL ITEMS:</b>	<b>DESCRIPTIONS:</b>
Mosquito Head Net	<i>Great for keeping the bugs off your face</i>
Small Camp Towel	<i>Do not bring cotton, make sure it packs small</i>
Small Camp Pillow	<i>Regular pillows are bulky, but stuffing clothing into your stuff-sack makes a good alternate</i>
Camera	<i>Make sure to bring a waterproof case that fits your camera</i>
Books	<i>For use on the way to your destination, not on the actual trip</i>