Cycle Oregon Packing List

Gear Bag
The gear bag that you bring to store your belongings should be waterproof and made of a sturdy material so that it holds up through the week. **You can only bring one bag and it can not exceed 65 pounds.**

To ensure clothing stays dry, pack clothes in large plastic bags, press flat to remove excess air, then seal. Also, mark your bag in some manner (bright colored ribbon or tape) to help distinguish it from the other 1,999.

For the Bike
____Helmet
____Rearview mirror
____Two 20-oz. water bottles (or equivalent hydration pack)
____Frame bike pump
____Simple tools (tubes, tire levers, patch kit, pump and rag)

Cycling Clothing
____Short-sleeve jerseys (4-5)
____Long-sleeve jerseys (1)
____Shorts (4-5)
____Tights (1)
____Wind jacket
____Bike shoes
____Socks (5-7)
____Gloves (one short-finger, one long-finger)
____Shoe or toe covers
____Sunglasses

Camp Clothing
____Shorts (2)
____Long pants (1)
____Socks (3-4)
____Underwear
____Short-sleeve shirts (2-4)
____Long-sleeve shirts (1-2)
____Walking shoes
____Hat and gloves
____Swimsuit
____Rain gear (water repellant breathable fabric)
____Warm jacket (fleece)

Toiletries
____Towel and washcloth
____Toothbrush and toothpaste
____Skin lotion
____Sunscreen
____Lip balm
____Chamois butter
____Soap and shampoo
____Feminine hygiene products
____Medications such as aspirin or ibuprofen, antacids and personal prescriptions
____Other - band-aids, calamine lotion, and insect repellent

Camping
____Tent and rain fly
____Ground cloth
____Sleeping bag
____Sleeping pad
____Camp pillow
____Clothesline and clothespins
____Flashlight, extra bulbs and batteries

Other
____Camera
____Earplugs (for sleeping)
____Pocket knife
____Book
____Deck of cards
____Personal identification
____Cash
____Bank card
____Postage stamps and address book
____Journal
____Separate bag for dirty laundry.