

## 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 repellent 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.