

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.

