Bike Tour Checklist

# Shelter and bedding

[ ]  Tent (w/ all poles, stakes, and rain fly)

[ ]  Tarp or a sheet of plastic

[ ]  Rope (doubles as a clothesline)

[ ]  Sleeping pad, mat, or air mattress

[ ]  Blanket, comforter, or sleeping bag

[ ]  Pillow (or pillowcase filled w/ clothes)

# Bike Gear

[ ]  Bike

[ ]  Helmet

[ ]  Extra tubes

[ ]  Chamois cream

[ ]  Simple tool kit

[ ]  Rear view mirror

[ ]  Biking shorts (3 pairs)

[ ]  Long biking shorts or leggings (1 pair)

[ ]  Biking jerseys (3-4)

[ ]  Biking shoes

[ ]  Neck gaiter/buff

[ ]  Windbreaker

# Clothing and laundry

[ ]  T-shirts (4-5; 1 long sleeve)

[ ]  Shorts (2-3 pairs),

[ ]  Long pants (1-2 pairs)

[ ]  Socks (4-5 pairs)

[ ]  Hat (fleece one for cool nights) and, or cap

[ ]  Sweater, jacket

[ ]  Underwear (4-5 pair)

[ ]  Swimsuit

[ ]  Towel and, or washcloth

[ ]  Laundry bag

[ ]  Travel-size packets of laundry soap,

[ ]  Rain jacket (that you can bike ride in too)

[ ]  Shoes and, or sandals/flip-flops

[ ]  Towels, washcloths

# First aid & hygiene

[ ]  Medications, prescriptions

[ ]  Aspirin, ibuprofen, acetaminophen

[ ]  Feminine hygiene products

[ ]  Sunscreen, sunburn lotion or ointment

[ ]  Scissors, tweezers, nail clippers, razor

[ ]  Bug spray

[ ]  Bar of soap

[ ]  Shampoo, conditioner

# Miscellaneous

[ ]  Ear plugs (for snoring tent neighbors)

[ ]  Some cash (just in case)

[ ]  Personal identification

[ ]  Charger for your device(s)

[ ]  Sunglasses (or prescription glasses)

[ ]  Flashlight (extra batteries)

[ ]  Drybags, garbage bags, Ziplocks, etc (some people like to pack their clothes and such inside plastic bags within their luggage bag)