

# BRNW SUGGESTED PACKING LIST

## BIKE GEAR

- \_\_\_\_\_ Bicycle - tuned up, fitted
- \_\_\_\_\_ Helmet
- \_\_\_\_\_ Rear-view mirror(s)
- \_\_\_\_\_ Head- and taillights
- \_\_\_\_\_ Tire pump / CO<sub>2</sub> cartridges
- \_\_\_\_\_ Handlebar or rack bag (optional)
- \_\_\_\_\_ Two large water bottles
- \_\_\_\_\_ Spare tubes (1-2), tire levers
- \_\_\_\_\_ GPS/computer (optional)
- \_\_\_\_\_ Bike lock / cable (if you want to explore)
- \_\_\_\_\_ Rain seat cover (optional)

## CAMPING GEAR

- \_\_\_\_\_ Tent and ground cloth
- \_\_\_\_\_ Sleeping pad/mattress
- \_\_\_\_\_ Sleeping bag
- \_\_\_\_\_ Pillow
- \_\_\_\_\_ Clothesline/clothespins
- \_\_\_\_\_ Headlamp/flashlight
- \_\_\_\_\_ Earplugs (optional)
- \_\_\_\_\_ Tent stake hammer

## TOOLS

- \_\_\_\_\_ Spare tubes (2) + tire (opt.)
- \_\_\_\_\_ Patch kit
- \_\_\_\_\_ Your preferred chain lube
- \_\_\_\_\_ Spare derailleur hanger
- \_\_\_\_\_ Extra spokes/spoke wrench
- \_\_\_\_\_ Any special tools for your bike

## OTHER

- \_\_\_\_\_ Phone/camera/accessories
- \_\_\_\_\_ Charging cord(s)
- \_\_\_\_\_ Portable battery pack
- \_\_\_\_\_ Cash for tips
- \_\_\_\_\_ Favorite energy food/drinks
- \_\_\_\_\_ Reading glasses
- \_\_\_\_\_ Books/playing cards/games
- \_\_\_\_\_ Binoculars
- \_\_\_\_\_ Pocket knife or multi-tool
- \_\_\_\_\_ Notebook + pen/pencil

## BIKE CLOTHES

- \_\_\_\_\_ Shoes
- \_\_\_\_\_ Gloves (short- and long-fingered)
- \_\_\_\_\_ Shorts/bibs (3+)
- \_\_\_\_\_ Jerseys (3-4)
- \_\_\_\_\_ Socks (4-7)
- \_\_\_\_\_ Shoe/toe covers
- \_\_\_\_\_ Base layers/tights
- \_\_\_\_\_ Arm/knee/leg warmers
- \_\_\_\_\_ Rain gear
- \_\_\_\_\_ Wind jacket/vest
- \_\_\_\_\_ Ear warmers
- \_\_\_\_\_ Sunglasses

## CAMPING CLOTHES

- \_\_\_\_\_ Short-sleeve/tank shirts (3-4)
- \_\_\_\_\_ Shorts (2+)
- \_\_\_\_\_ Long pants (2)
- \_\_\_\_\_ Long-sleeve shirt/sweater (2)
- \_\_\_\_\_ Camp shoes/sandals
- \_\_\_\_\_ Socks (3-4)
- \_\_\_\_\_ Underwear
- \_\_\_\_\_ Warm hat/gloves
- \_\_\_\_\_ Warm jacket
- \_\_\_\_\_ Ballcap or other sun protection
- \_\_\_\_\_ Swimsuit/small towel

## TRAVEL CLOTHES

- \_\_\_\_\_ Set of clothes for trip to start
- \_\_\_\_\_ Set of clothes for trip home

## TOILETRIES

- \_\_\_\_\_ Toothbrush/toothpaste
- \_\_\_\_\_ Skin lotion
- \_\_\_\_\_ Sunscreen
- \_\_\_\_\_ Lip balm/salve
- \_\_\_\_\_ Chamois/chafing cream
- \_\_\_\_\_ Soap/shampoo/conditioner
- \_\_\_\_\_ Feminine hygiene products
- \_\_\_\_\_ Deodorant
- \_\_\_\_\_ Personal medications
- \_\_\_\_\_ Stuff sack for dirty laundry