

## **BIKE TOURING LEVEL ONE**

### **PACKING LIST FOR OVERNIGHT**

- 1. 1 pair tennis shoes**
- 2. 1 pairs shorts**
- 3. 2 pairs socks**
- 4. 2 t-shirts (poly)**
- 5. 1 long sleeved shirt**
- 6. 1 poly top-medium weight**
- 7. rain gear**
- 8. sleeping bag in plastic bag**
- 9. cup, bowl, spoon**
- 10. toothbrush/paste**
- 11. flashlight**
- 12. camera (optional)**
- 13. personal stuff bag**
- 14. water bottle**
- 15. money for one stop (no more than \$5.00)**
- 16. sunscreen**
- 17. swimsuit**
- 18. sunglasses**
- 19. Pocket Knife**
- 20. River Sandals**
- 22. Insect repellent**
- 23. Food and cooking supplies**

**NO ELECTRONIC DEVICES:** i.e. cell phones, radios, CD players, games, etc.