

## **BIKE TOURING 11**

### **EQUIPMENT LIST**

#### **Personal Equipment**

1 pair shoes  
2 t-shirts  
1 pair sweatpants  
2 pair shorts  
1 long sleeved shirt  
3 pair socks  
1 sleeping bag  
insect repellent  
notebook and pencil  
cup/bowl/spoon  
rain gear  
light jacket  
toothbrush/paste  
flashlight  
bandana  
towel  
  
insolite pad  
2 qt. water bottles  
Helmet  
  
\* 1 set panniers  
rack  
money

**NO electronic devices:** i.e. cell phones, radios, ipod, games, etc.

\* ELC can provide

#### **Team Equipment**

\* Tent  
2 stoves  
1 billy can/team  
pot grips  
spatulas  
wooden spoon/team  
fry pans  
\* fuel  
scrubby

#### **Instructor Equipment**

matches  
first aid kit  
repair kit (stove and bike)  
  
can opener  
money for food (checkbook, CC)  
Wildflower Handbook  
camera/film  
maps and quarters