

BIKE TOURING 111 PACKING LIST

PERSONAL EQUIPMENT

1 pair shoes
2 t-shirts
1 long pants
2 shorts
1 long sleeved shirt
Socks
Insect repellent
Notebook/pencil
Cup/bowl/spoon
Rain gear
Pocket knife
Light jacket
Toothbrush/paste
Flashlight
Towel
Swimsuit
Biodegradable soap
Money
Camera (optional)
Toiletries
Sleeping bag
Insolite pad
Quart water bottles (2)
Helmet
Rack
1 set panniers
Stuff bag
Weather Information
Safety Vest

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

TEAM EQUIPMENT

1 tent/team
1 stove
1 cook pot
1 pot grip
1 spatulas
1 wooden spoon/team
1 fry pan
fuel
scrubby

INSTRUCTOR EQUIPMENT

matches
first aid kit/
repair kit (stove & bike)
misc. money
can opener
camera/film
maps