

## **Biking Participant Clothing & Gear List**

Luther will provide the basic gear you need for the trip. This includes the following: tent, cooking gear, meals, and snacks. A van will go along with this trip to carry gear from one location to another so you don't need to worry about carrying everything with you on your bike. You will want to have a day pack with you on your bike, however.

You probably have most of these items already and we do not want you to spend a lot of money to prepare for this trip. For your personal items, use the following list as a guide.

- Cross or Mountain Bicycle (no road bikes please)
- Biking shorts
- Five pairs of socks – clean, dry pair for each day
- Biking helmet (required)
- Sun glasses
- Rain jacket
- 3-4 t-shirts
- Warm clothing in case of cold, wet weather
- Toiletries (toothpaste and brush, soap, shampoo, deodorant)
- Sleeping bag and pillow
- Towel
- Extra pair of shoes that are different than the shoes you wear to bike. For example, bring a pair of sandals to wear when you are not biking.
- Water bottle
- Sunscreen and lip balm with a sun protection factor.
- Snack food that you can carry on your bike.
- 1 swim suit
- camera, if desired
- insect repellent (at least 30% Deet, or alternatives)
- foam or Therm-a-rest insulated sleeping pad (this depends on your comfort needs)
- flashlight or headlamp
- bike light (we don't plan on any night biking, but it might be nice as a back-up)
- mug (for hot drinks, oatmeal)
- book, paper, pencil or pen