

# GAP/C&O 2022 Bike Trek Packing List

## Individual Supplies

### Bike Gear

- Well maintained hybrid or mountain bike, multi-gear, 26-inch rims minimum
- Rear rack (front rack optional)
- Bike Panniers (Saddle bags), minimum of 30 liters total.
- Handlebar bag
- Bungee cords of various lengths for securing sleeping bag, sleeping mat, Team gear
- Bike lamp (for dark tunnels)
- 1 extra inner tube
- Tire repair kit w/ patches
- 1 tire (recommended)
- Fenders (recommended)

### Everyone should have:

- Helmet (mandatory)
- water Bottles - 2-20 oz in cages on bike, or hydration backpack - 2qt or bigger (also useful for carrying some gear)
- mess Kit (bowl, spoon required, cup optional)
- bathroom kit (soap, toothbrush, toothpaste, lip balm, etc)
- Toilet paper
- Medication
- camp towel
- Zip-lok freezer bags (for clothes)
- Cell phone (adults only)
- Camera (optional)
- Chamois Butter (optional)

### Apparel

- Cycling Shorts (1 pair minimum)
- Jersey with pockets (2 pairs minimum)
- Rain gear/light weight wind breaker
- Several pairs of socks & underwear
- Trail Life hat (for when not riding)
- Sleeping Clothes (stuffed in sleeping bag)
- Swimsuit
- Riding Gloves (optional)
- Sunglasses (optional)

### Camping Gear

- Tent (hammock, but expect to sleep on the ground many nights)
- Sleeping bag in trash bag inside of stuff sack
- Sleeping pad
- head lamp

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## **Team Supplies (Provided and distributed among riders in each Team)**

- Map and waterproof case
- Air Pump
- Basic tool set (2, 2.5, 3-6, 8, Allen wrenches, Phillips and flat-head screw driver, 6" wrench)
- Electrical or Duct Tape
- Chain lubricant
- 1 foot of chain links
- Zip ties
- First Aid Kit
- Sun Screen, Insect repellent
- Rag & gloves for handling bike chains
- Contact phone numbers for ride participants.
- Contact number for hospitals & bike shops along trail
- Hand sanitizer, sanitizing wipes
- Toilet paper
- Dining fly, parachute cord and a few stakes

## **Cook Gear**

- Stove (one per every 6 members of crew)
- Fuel canisters (liquid or isobutane)
- Matches
- Water filters
- Water carrier
- Pots & Utensils
- Spices
- Dish Cleaning Kit (camp suds, scrub pad, sponge)
- Bear & Trash bags

## **Food per person**

- To be distributed among team members at each food pick-up point