

Packing List - Credit Carding It

Bike

appropriate bike for the terrain - road, gravel, or MTB

28c tires or better for comfort

OPTION: Frame packs

OPTION: Trailer

OPTION: rear or front rack, paniers

Water bottles for a full day

Camelback or additional water bladder for storage

Helmet

Bike repair kit

Eating

Water filter or drops - esp gravity filter

Riding snacks - plenty for each day

Electrolytes

Clothing

At least 2 chamois - one to wear, one to wash

At least 2 jerseys

Bike shoes, preferably MTB style for comfort

Extra socks (2 pair)

Riding gloves

Arm/knee warmer options

Rain jacket

Puffy jacket

Off-bike shoes

Comfy off-bike set of clothes

Hat

Gear & gadgets

Headlamp or light, in case you're out late

Sunglasses

Multitool, such as leatherman

Wayfinding device - GPS or smart phone if staying in range of service

Paper maps

Camera

Zipties - lots

Garmin

Any usb cords needed to recharge + wall plugs

Personal items

First aid kit

Sunscreen

Chamois cream

Misc toiletries - tampons, etc

ID, cash, credit card

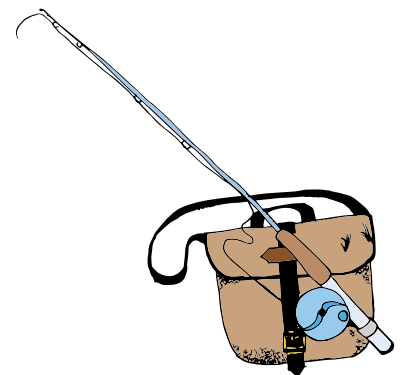
Toothbrush

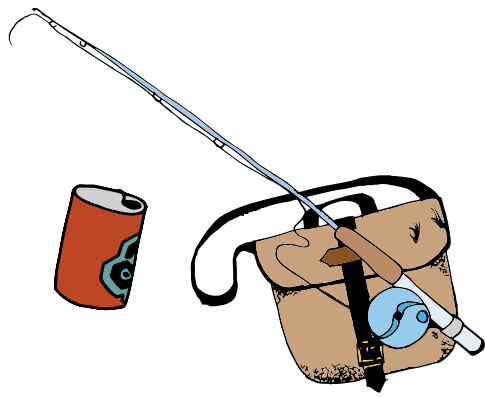
Book to read

Notebook + pen for sketching or writing

Dry bag or ziplock for items that can't get wet

OxiClean for sink laundry





Packing List - Emergency Supplies

Bike Repair

Bike multitool that includes a chain breaker and all the sizes of wrenches needed for your bike

Leatherman style multitool (it's possible you will need the pliers, scissors)

Pump - test it out ahead of time

Tubes - 2

Tire levers

Tube patch kit

Sealant (if tubeless)

Tire boot

Chain quick links - know how to use them

Chain lube

Rag to wipe down the chain

Zip ties

When going long:

Scout out the bike shops along your route. If you're not sure what they will carry, then pack:

Extra brake pads (x4), cleats, tire, spokes

First Aid

Chamois Cream - don't get chaffed

Pain - Tylenol (doubles for fever), Aleve, your choice

Pepto Bismol chewable tabs

Band-aids

Neosporin

Betadine prep pads for disinfecting
tweezers

butterfly bandages

small roll gauze (cling wrap)

Non-stick sterile pad (can be cut to size with your Leatherman's scissors)

Compression wrap, such as Ace bandage

Benedryl (even if you don't have allergies)

Tegaderm (for road rash)

Any prescriptions you may need

Any specific allergy needs (EpiPen, etc)

