

## Participant Bikepacking Equipment List

Bikepacking bags will be provided by NICA

Category	Item	Description
<b>Bike</b>		
	A functioning, well-tuned mountain bike	See required pre-trip bike safety check form
	Tires in good condition with ample tread	
	A well-tuned drivetrain & properly adjusted brakes	
	Personal bike repair kit	Spare tube, pump, patch kit/plug kit, multi tool
	Helmet	
	Cycling-friendly shoes	Comfortable shoes!
	Cycling gloves	
	Sunglasses (for eye protection)	
	Taillight?	Red blinking light (if riding on roads or if there's <i>any</i> possibility of night riding)
	15-30L backpack	Lightweight, breathable, comfortable. Like you'd wear for practice.
<b>Sleeping kit</b>		
	Sleeping bag	Rated for 20-40 F
	Sleeping pad	Lightweight & inflatable is ideal, foam <i>can</i> work but is bulky to pack
	Ground sheet (plastic or Tyvek works well)	Cut to 30"x6-7"; Only needed if you don't have a tent and plan to sleep under the stars.
<b>Camping gear</b>		
	Headlamp w/ fresh batteries	A flashlight can work
	Small bowl	Plastic tupperware or stainless steel mug works
	Spoon	Spoon or spork; forks not necessary
	2-4L water capacity (adjust as necessary)	Hydration bladder + bottles
	Personal toiletries	Sunscreen, lip balm, toothbrush, toothpaste, meds, bug spray, toilet paper
	Personal hygiene items	Hand sanitizer, 1 wet wipe per day, female hygiene supplies
	Camp shoes	Thin & lightweight - flip-flops or thin slip-on shoes
<b>Clothing</b>		
	Rain shell	Waterproof!
	Puffy jacket	Down or synthetic, lightweight & compressible insulating jacket
	Long sleeve midweight shirt	Wool or synthetic, for sleeping
	Long sleeve lightweight shirt	Wool or synthetic, for riding
	Tee shirt	Can be cotton
	Cycling shorts (1 pair)	Comfortable!
	Cycling socks (2 pairs)	Synthetic
	Camp socks (1-2 pairs)	Synthetic
	Ball cap and/or warm hat	Sleeping in a warm hat takes the edge off a cold evening.
	Camp shorts	
	Rain pants	Optional. Light & thin, as appropriate for weather
	Wind jacket or vest	Optional depending on weather
	Thin insulating gloves	Optional depending on weather
<b>Medication</b>		
	Any prescribed medication to be self administered	Particular care should be taken to bring any prescribed Epipens or inhalers
<b>Optional</b>		
	Camera	
	Notepad & pen	
	Cell Phone	There will be no cell service along the route