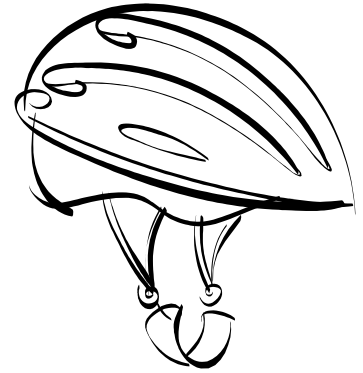


# *What to Bring on the Trek*

The following is your packing list for the Trek. Even though we will probably have excellent weather, it is always a good idea to be prepared for variable weather. The ideas below are only recommendations. You should modify them to fit your own preferences and needs and the weather forecast.

## **What you need for Cycling:**

- Helmet (this is REQUIRED)
- One pair of riding gloves
- One pair of shoes—stiff-soled cycling shoes are best
- Three pairs of riding shorts—with a padded seat
- Three jerseys or t-shirts
- Windbreaker
- A long sleeved shirt for layering and sun protection
- Bike pump
- Water bottle for bike (two are recommended)
- Tire patch kit with tire irons/replacement tire tube
- Identification
- Camera



## **What you need for Camping:**

- Warm jacket for evenings
- Jeans
- Shorts
- Swimsuit
- Sweater
- Sweats, sweatshirt
- Walking shoes that can get dirty
- Towel (quick dry is best)
- Sleeping bag and stuff sack
- Tent
- Pillow
- Ground cloth
- Soft-sided bag for gear
- Toiletries
- Insect repellent
- Medications (ibuprofen, aspirin, allergy meds. etc.)
- Flashlight (highly recommended)
- Flip-flops
- Money for anything you might want to buy (massages, photos, Cantina, Trek Trading Post items)