

We've put together a recommended gear list for this trip. While it is not exhaustive, it should give you a good start to packing what you need to be comfortable and safe on this bicycle adventure. Go ahead and print it out and check it off as you pack. And please feel welcome to ask us any questions you may have about packing or getting ready for the trip. --E-mail: Lisa@wheeledmigration.org or call (530) 828-6984

| On Bike | Off Bike |
|---|---|
| Helmet | Comfy things--pants, shorts, sarongs, dresses.. |
| Shoes | Underwear (1-3 pair) |
| Socks (not cotton; 2-3 pair) | Sandals or other comfy shoes |
| Cycling shorts for your soft parts | Swimsuit |
| Something warm for mornings / evenings | Warm hat |
| Short sleeved Ts | Extra warm layer |
| | |
| Other things you'll be happy to have | In Camp |
| Your route sheet | Sleeping bag |
| Toiletries | Sleeping pad |
| Pack towel | Ground cover |
| Pocket knife | Tent or hammock (optional) |
| 55 SPF sunscreen | |
| Headlamp | |
| Chapstick | |
| Your own basic first aid | |
| Sunglasses | |
| Bandannas (for everything) | |
| Bungie cord or rope | |
| Paper and pens | |
| Off-bike adventure supplies | |