



August 16-19, 2007
The Mass BikePike Tour



What to Bring

Use this checklist while packing to make sure that you have everything you'll need. Remember, you are limited to two duffle bags that are not to exceed of 50 lbs in total.

General Items

- Off-bike shirts
- Walking shorts
- Underwear
- Socks
- Off-bike shoes or sandals
- Sunglasses
- Swimwear
- Rain gear / jacket
- Money
- Credit card
- Identification
- Medical insurance card
- Insect repellent
- First-aid kit
- Sunscreen & lip balm
- Medication / Advil
- Kleenex packs
- Camera and fresh batteries and film
- Zip-lock bags to keep clothes dry
- Duffle bag, distinctively labeled or painted
- Bicycle Gear
- Approved helmet (mandatory)
- Cycling gloves
- Handlebar or seat bag,
- Frame-mounted bicycle pump
- Spare tube, tire tools, patch kit
- Rear view mirror
- Bike lock and cable
- 2 water bottles
- Cycling shorts
- Cycling shirts
- Riding shoes
- bandannas
- **and a bicycle, of course**

Camping/Overnight Gear

- Tent and ground cloth
- Lightweight sleeping bag and sheet
- Air mattress or sleeping pad
- Camping chair
- Pillow
- Toiletries/soap
- Towels and wash cloth
- Flashlight with fresh batteries
- Clothespins
- Toilet paper
- Foam earplugs