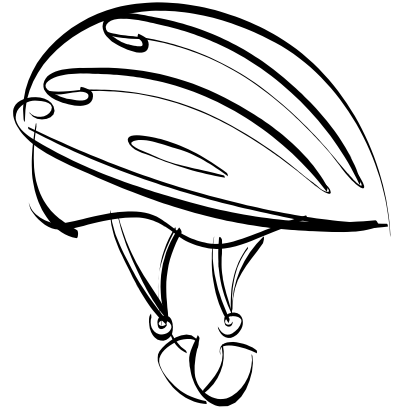


# ***What to Bring on the Trek***

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:**

- ☐ Bicycle (*we recommend a road bike since ETBT routes are paved roads; however, if you have a mountain bike we recommend slick tires*)
- ☐ 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)