

## 2014 EMIGRANT TRAILS BIKE TREK PACKING LIST

Not sure what to pack for your ETBT adventure in South Lake Tahoe? We can help! Here is a list of all the things that can help make your trip fun, comfortable and safe:

### FOR THE ROAD:

Bicycle (*We recommend a road bike since ETBT routes are on paved roads; however, if you only have a mountain bike, we highly recommend slick tires.*)

Helmet

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

### FOR CAMP:

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 for showers

Money for misc. purchases