

## **Essential Gear List For Michigan Bike Trip**

<b>ESSENTIAL ITEMS:</b>	<b>DESCRIPTIONS:</b>
Sleeping Bag & Stuff-Sack	<i>Keeps you warm at night (down or synthetic are fine), should be rated to at least 20 degrees</i>
Sleeping Pad	<i>Enhances comfort and helps to keep you warm and dry</i>
Day Pack or Medium-sized Duffle Bag	<i>This is for the van ride, your school backpack is fine, duffles should be between 3000 – 4000 cubic inches (just like an athletic bag)</i>
Raingear	<i>A complete set (top &amp; bottom) that is fully waterproof</i>
Long Underwear	<i>A complete set, top &amp; bottom (buy synthetic or wool materials – they will keep you warm even when wet)</i>
Camp Shoes	<i>Any comfortable shoes to wear around the campsite at the end of the day</i>
Warm Long Pants	<i>Fleece pants are best</i>
One Pair of Wool Socks	<i>They will keep your feet warm even when wet</i>
Five Pairs of Cotton Socks	<i>For use with your biking shoes</i>
Two Pairs of Shorts	<i>Preferably made of quick dry material (like most soccer shorts)</i>
Three T-Shirts	<i>Cotton is OK, but synthetic/quick dry materials are better</i>
Fleece Pullover/Jacket	<i>Used as an extra warm layer</i>
Underwear	
Swimsuit	
Hat with Brim	<i>Used for sun protection</i>
Winter Hat	<i>For chilly nights</i>
Toiletries	<i>Biodegradable and in small containers – toothbrush, toothpaste, lotion, comb</i>
Sunscreen & Lip Balm	<i>At least SPF 15</i>
Bug Repellent	<i>Repellent with deet is preferred – no aerosol</i>
Sunglasses & Strap	<i>Polarized glasses with 100% UV protection are best</i>
Small Flashlight or Headlamp	<i>Which ever is your preference (the nice thing about headlamps is that you have both hands free to do things)</i>
Extra Batteries	<i>For your flashlight/headlamp – usually AA or AAA</i>
One Box of Re-sealable Freezer Bags	<i>One-gallon size is best, they are used to waterproof gear (do not buy the bags with the zipper on top)</i>
Spending Money	<i>Used to buy snacks or souvenirs while traveling to your destination, use your discretion with the amount you bring</i>
Hydration Pack	<i>Hydration packs can be useful and are encouraged, make sure it has at least 70oz.</i>
Bowl & Spoon	<i>Any re-usable plastic bowl will do, the spoon can come right from your kitchen</i>
Insulated Mug w/ Lid	<i>Used for hot drinks at campsites</i>

<b>BIKE SPECIFIC ITEMS:</b>	<b>DESCRIPTIONS:</b>
Bike	<i>Make sure that it is the correct size and suitable for touring and carrying rear panniers</i>
Biking Shoes	<i>These can be tennis shoes or biking specific shoes, it's your choice</i>
Spare Parts	<i>At least two extra inner tubes that fit your bike's tires</i>
Bicycle Rack	<i>Make sure that the rack you buy fits your bike and panniers</i>
Rear Panniers	<i>Large rear panniers, used to carry most of your gear and some of the group's gear</i>
Water Bottles & Cages	<i>Two bottles that will fit into the water bottle cages on your bike frame (these are in addition to the hydration pack/water bottles mentioned above)</i>
Helmet	<i>Make sure it is industry approved and fits well</i>
Bungee Cords	<i>Bring at least four of various lengths, but avoid ones that are super short</i>
Padded Bike Shorts	<i>Not the most attractive, but they add needed comfort to your ride</i>
Tool Kit	<i>Should include at least these items: allen wrenches that fit the bolts on your bike, tire irons, tube patch kit, and a small adjustable wrench</i>

<b>OPTIONAL ITEMS:</b>	<b>DESCRIPTIONS:</b>
Mosquito Head Net	<i>Great for keeping the bugs off your face</i>
Small Camp Towel	<i>Do not bring cotton</i>
Small Camp Pillow	<i>Regular pillows are bulky, stuffing clothing into your stuff-sack makes a good alternate</i>
Camera	<i>Bring a waterproof case that fits your camera</i>
Books	<i>For use on the way to your destination, not on the actual trip</i>