

# Packing List

Please be sure to see the two additional pages for baggage requirements and excess baggage fees.

## Ordinary Clothing:

- 4 pairs underwear \*
- At least 2 orange FCBA t-shirts\* (*We'll provide: 1 for returning riders, 2 for new riders, cross-country riders and all support*)
- 1 or 2 other T-shirts
- *women:* 3 sports bras, 1 non-sport \*
- 4 pairs of socks \*
- 2 pairs of shorts \* (incl. 1 that is good for worksites)
- 1 pair of pants \* (jeans, etc.)
- 1 pair closed-toed shoes (required for worksites) \*
- Ear plugs (worksites or sleeping)
- Eye mask for sleeping +
- Shower Shoes/Sandals\*
- Sweater/Sweatshirt\*
- Pajamas +
- Hat +
- Bathing suit +
- Pillow +

## Cycling Clothing:

- 3 pairs cycling shorts \*
- Cycling clip-in shoes \*
- 3 Fuller Center jerseys #
- Cycling gloves +
- Leg warmers or tights +
- Arm warmers +
- 3 pairs cycling socks \*
- Rain jacket \*

**Note: You will be required to wear a Fuller Center jersey (from any year) every riding day.** This builds our team identity, fulfills our mission, and keeps us safer. We'll do laundry about every 3 ride days, but if you'd like to purchase additional jersey(s) or ask how many you'll be receiving, contact the trip leader.

## Personal Items:

- Toiletries \*
- Sunscreen \*
- Quick-dry towel \*
- Book or journal +
- Saddle cream \*
- Cell Phone \*
- Medications \*
- Personal Laptop \*
- Chamois cream for saddle sores+
- Small mesh laundry bag+

## Personal Equipment:

- Camping Pad OR air mattress (in original bag)
- Flashlight or headlamp +
- Sleeping bag / blanket \*
- Shower bag \* (*something you can easily carry while biking 1-2 miles to showers*)
- Permanent Marker +
- Plug Splitter/Surge Protector\*

## Cycling Equipment

- **Helmet** (required!)
- **Bike taillight visible from 500ft** (required!)
- **Rearview mirror** (required)
- **Bike headlight** (required)
- RoadID especially if you have important medical condition (roadid.com)\*
- Roadworthy bicycle \*
- Pump on your bike \*
- Water bottles #
- Cages for bottles \*
- 3 tire levers \*
- Patch kit \*
- Multi-use bike tool \*
- Sunglasses & rain glasses\*
- Bike lock \*
- Clipless pedals \*
- Spare inner tubes \*
- A good bike seat \*
- Seat bag/Frame bag\*
- Cycling computer, Garmin or Cell Phone Mount \*
- Replacement spoke(s)+
- Spare Derailleur Hanger +
- Hydration backpack +
- Route sheet Cue Clip +

### Symbol Key:

\* Very strongly recommended for those joining us for long distances

# Provided - Or Bring own

+ An optional extra

## Packing Notes and Tips

### Size Requirements

- We offer to carry one bag per rider of less than 5,000 cubic inches that weighs less than 50 lbs.
  - Some bedding items may be outside of your bag, see the Bedding section below
  - Laptops and tablets may be carried separately in a small bag to help prevent damage. No clothing should be in computer bags.
- All bags must close securely, such as a zipped duffle bag or suitcase.
- Excess baggage fees will be charged for total baggage exceeding 50 pounds (see next page).

### Bedding Rules and Tips

- Sleeping bags need not fit in your bag IF they are in their snug, original carrying case. Or you may choose to use a sheet and dense blanket that you keep in your bag.
- Each rider should bring their own camping pad. Camping pads / air mattresses should be twin-sized (39" width) or smaller and compact tightly after deflating. Compact camping pads like [this one](#) or [this one](#) are preferred, but more traditional air mattresses of 39" or less are also permitted. The mattress should be in a tight carrying case and may be outside of your bag.
- Your pillow should fit in your bag. We recommend one that deflates small and inflates with your mouth, or a camping pillow that compacts into a stuff sack.

### Why do we want you to bring such a small bag!?

For one thing, it helps make the trip happen—space will be tight in the trailer, and the less we have to pack every morning the quicker we can get on the road. You spend much less time digging through your bag when your bag is the right size! Your efforts to pack light will also be appreciated by those teammates who are packing and unpacking the trailer each day.

We've also found that we just don't need much while we're on the ride and having less enables you to embrace Living Simply and soak in the moments around you.

### Suggestions to Slim Your Bag and Make It Fit:

- If it's not on the packing list, you probably don't need it! Our packing list is quite complete, including the quantities. You can reduce items from the Packing List using these suggestions:
  - Wear sandals at night to reduce your number of non-cycling socks.
  - Don't mind wearing a T-shirt more than one evening? Just bring one. We'll give you one (or two for new riders and longer trips) of our stylish orange T-shirts when you arrive.
  - Wear your ordinary clothes (shorts, T-shirt) in place of pajamas.
  - Bring a swimsuit that can replace one of your pairs of shorts (men)
  - Make your shower bag thin and light, not a heavy-duty backpack
  - For your 1 pair of long pants, bring light, compact athletic pants instead of bulky jeans
- Use a "soft" bag rather than a hard suitcase. They're easier to fit in the trailer, and better at squeezing in more items if needed.
- Limit toiletries to what's really needed, such as using travel-sized items and restocking later.
- Be sure to use a small, compact towel, such as a camping (quick-dry) towel.
- Ask yourself: What are the chances I will need this? Could I easily pick it up along the way?

## What to Leave Behind

We like to live simply here at the Bike Adventure and we encourage you to pack only what you believe is necessary for your ride and will fit in your suitcase. However, some things, whether they fit or not, are not welcomed on our ride, and we appreciate you leaving these behind.

- Firearms
- Non-essential valuables
- Illegal Drugs
- Cots (excepting compact cots which can pack down to less than 35" total when adding Length + Width + Height)
- Hard Bicycle Cases (use disposable cardboard boxes or soft bicycle cases\* instead)
- Non-Fuller Center cycling jerseys
  - All riders wear Fuller Center jerseys each day. Any year's Fuller Center jersey is totally acceptable.

## Excess Baggage Fees

At check-in, we will use a luggage scale to weigh all the items you plan to put in the trailer, including all computer bags, sleeping bags, air mattresses, etc. (We will not include the weight of medical devices and bike parts like CO2 cartridges, bike batteries, bike locks, etc.)

**The combined weight of your trailer items will have the following fees:**

50 pounds and under – FREE

Over 50 pounds: \$5 per pound over 50, per week

Example: Someone with 55 pounds of luggage for the trailer, riding for two weeks, would owe:

5 pounds x 2 weeks x \$5/pound/week = \$50

Totals exceeding 80 pounds will not be permitted, and some items will need to be left behind or shipped home.

Couples can combine their 50 pounds to have a total of 100 pounds shared between them.

## Bicycle Boxes and Cases

**Cardboard bicycle boxes** – We will keep cardboard bicycle boxes if they are fully collapsed flat for up to two weeks (no charge). For more than two weeks, it is typically better to find another box from a shop at your exit point.

**Hard Bike Cases** – No hard bike cases will be kept in the trailer during the Bike Adventure, they must be shipped ahead or stored elsewhere after your arrival.

**\*Soft Bicycle Cases (bike bags)** – For reusable soft cases that are collapsible, they are not counted towards your luggage weight; instead, we have a reduced cost determined by trip duration:

- Less than 3 weeks: \$50
- 3 – 5 weeks: \$100
- 6 – 8 weeks: \$175
- 9 weeks or more: \$250