Suggested Gear List

For each rider we offer to carry ONE bag of less than 4,000 cubic inches. Your bag must close securely (such as a zipped duffle bag or suitcase) so that its contents do not spill when it's loaded in the trailer. Note: If you chose to bring a laptop it can be carried separately in a small laptop bag to help prevent damage.

Ordinary Clothing:
- 4 pairs underwear
- 1 or 2 T-shirts we’ll provide you with 1 orange t-shirt when you arrive—you’ll wear it a lot!
- Women: 3 sports bras, 1 non-sport
- 3 pairs socks
- 2 pairs shorts (incl. 1 that is good for worksites)
- 1 pair of pants (jeans, etc. – good for church)
- 1 pair closed-toed shoes (required for worksites) *

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

Note: You will be required to wear a Fuller Center Jersey every riding day. This helps us appear as a team and is part of our mission to spread the word about the Fuller Center for Housing while we ride! Remember, we’ll do laundry about every 3 riding days, but if you’d like to purchase additional jersey(s) contact the trip leader.

Personal Items:
- Toiletries
- Sunscreen
- Quick-dry towel
- Camera +
- MP3 player / iPod (not for use while biking!!) +
- Book or journal
- Alarm clock +
- Saddle cream*
- Cell phone *
- Personal Laptop +

Personal Equipment:
- Sleeping bag
- Thermarest self-inflating camping pad #
- Sunglasses *
- Flashlight or headlamp
- Shower bag (something you can easily carry while biking a mile or two to showers)

Cycling Equipment
- Road/hybrid/mountain bike
- Helmet (Required!)
- Rear bike light (Required!)
- Front bike light *
- Hand pump *
- Water bottles #
- Cages for bottles *
- 3 tire levers *
- Patch kit *
- Tire boots *
- Rearview mirror *
- Multi-use bike tool *
- Bike lock
- Clipless pedals *
- Spare inner tubes *
- A good bike seat *
- Saddle bag *
- Cycling computer *
- Chain lube *
- Hydration pack (i.e. Camelbak) +
- Spare tires *

Symbol Key:
* Very strongly recommended
# Provided
+ An optional extra
Tips for “making it fit” and “making do”

Not sure of the size of your bag? Measure the length, width, and height in inches, and then do the math: \( \text{Length} \times \text{width} \times \text{height} = \text{bag volume in cubic inches} \). Make sure it’s about 4,000 or less.

Why do we want you to bring such a small bag!? Well, 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. However, we’ve also found that we just don’t need much while we’re on the ride and having less stuff to keep track of means there’s more room to take in all the incredible experiences! For inspiration you can read through our simple living philosophy (on page 5 of the Rider Guide), and know that your efforts to pack light will be appreciated by the chore team in charge of packing the trailer every morning 😊. Here are some of the ways past riders have made it work:

- Ask yourself two questions: What are the chances I will need this? And unless I am sure I will need it, could I easily pick it up along the way?
- Our packing list is conservative, listing more than you may actually need.
  - Planning to wear sandals most nights? Just bring 3 pairs of cycling socks, leaving ordinary socks behind.
  - Don’t mind wearing a t-shirt more than one day? Just bring one. We’ll be giving you one (or two if you’re joining for two or more weeks) of our awesome orange t-shirts when you arrive, and you’ll want to wear it most of the time anyway!
  - Use the alarm on your cell phone as an alarm clock.
  - Wear ordinary clothes (shorts, t-shirt) in place of pajamas.
- Use a “soft” bag rather than a hard suitcase. Not only will it make it easier when you have to haul it to/from the host site each day, but it seems one can always squeeze one more thing into one of those soft bags.
- Substitute a sheet and dense blanket for a sleeping bag. Your sleeping bag or blanket must fit in your personal bag, but the thermarest camping pad that we provide does not (we’ll store those separately in the trailer).
- If you’re bringing a pillow, bring a camp pillow that can be put into a stuff sack, or one that you can inflate with your mouth and deflate in your bag. One rider used a $2 inflatable pool toy.
- Limit toiletries to what’s really needed.
  - We will be bikers this summer, not beauty queens (besides, the sun will aid us with nice tans). Past year’s female riders report that they never dried their hair or wore make up and promise you won’t care what you look like on the road.
  - Use smaller travel-sized items—you can re-stock along the way as needed.
  - Some can substitute soap for shaving cream, or use the same soap for both body and hair.
- Pillow cases also work great as quick-dry towels. They don’t offer much privacy, but they dry fast and fold up small!
- Underwear? Who needs it?! (Okay, only kidding with this last one 😊.)