

Suggested Gear List

For each rider we offer to carry **ONE bag of less than 4,000 cubic inches / 40 lbs.** Your bag must close securely, such as a zipped duffel bag or suitcase. 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 (or 2 t-shirts if you join for 2+ weeks)*
- *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.)
- 1 pair closed-toed shoes (required for worksites) *
- Sandals / flip-flops (use for shower shoes) *
- Sweater/Sweatshirt
- Pajamas +
- Hat #
- Bathing suit
- Pillow +

Cycling Clothing:

- 3 pairs cycling shorts *
- Cycling clip-in shoes *
- Fuller Center jersey #
- 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 every riding day. This keeps us looking like a team, and helps 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
- Book or journal
- Saddle cream*
- Cell Phone *
- Medications
- Personal Laptop +

Personal Equipment:

- Camping Pad # or Compact air mattress (in manufacture's bag)
- Flashlight or headlamp
- Plug Splitter/Surge Protector
- Sunglasses *
- Permanent Marker
- Sleeping bag
- Shower bag (*something you can easily carry while biking a mile or two to showers*)

Cycling Equipment

- **Helmet** (required!)
- **Bike taillight w/ 30+ lumens** (required!)
- **Rearview mirror** (required!)
- **Bike headlight** (required)
- RoadID, especially if you have important medical condition (roadid.com)*
- Road Bicycle
- Pump to carry on your bike*
- Water bottles #
- Cages for bottles *
- 3 tire levers *
- Patch kit *
- Multi-use bike tool *
- Bike lock
- Clipless pedals *
- Spare inner tubes *
- A good bike seat *
- Seat bag*
- Cycling computer, Garmin or Cell Phone Mount *
- Replacement spoke or two+
- Chain lube *
- Hydration pack (i.e. Camelbak) *
- Route sheet holder (like this: cueclip.com)+

Symbol Key:

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

Provided-Or Bring own

+ 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: $Length \times width \times height = bag\ volume\ in\ cubic\ inches$. 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!
 - 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 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.
 - 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!

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 (Sorry Lance ☺)
- Cots (a small air mattress that fits in your bag is okay)
- Hard Bicycle Cases (use disposable cardboard boxes instead)
- Non-Fuller Center cycling jerseys
 - All riders wear Fuller Center jerseys each day. Any year's Fuller Center jersey is totally acceptable