

Troop 457
Personal Bicycle Touring Checklist

Bicycle Gear

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|---|---|
| <input type="checkbox"/> Bicycle | <input type="checkbox"/> Extra straps or bungee cords to secure gear |
| <input type="checkbox"/> Bike helmet -- if you have a brain, protect it! | <input type="checkbox"/> Cycle computer (optional) |
| <input type="checkbox"/> Bicycle bell (required by Maryland state law) | <input type="checkbox"/> Rear pannier carrier and bags (optional) |
| <input type="checkbox"/> Security lock | <input type="checkbox"/> Handlebar bag (optional) |
| <input type="checkbox"/> Two water bottles and carriers or backpack reservoir (ie. Camelback) | <input type="checkbox"/> Front pannier carrier and bags (really optional) |
| <input type="checkbox"/> Front light with spare batteries and bulb (or flashlight) | <input type="checkbox"/> Flashing rear safety light (really optional) |
| <input type="checkbox"/> Bike Rack (highly recommended) | |

Tools

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|--|---|
| <input type="checkbox"/> Spare tube | <input type="checkbox"/> Chain lube |
| <input type="checkbox"/> Tube patch kit | <input type="checkbox"/> Small selection of spare nuts and bolts to fit bike part |
| <input type="checkbox"/> Spare gear and brake cables | |

Clothing

We hope to do laundry about every 3 days to limit the amount of clothing we will need.

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|--|--|
| <input type="checkbox"/> Cycling shorts or liners (3) | <input type="checkbox"/> Insulated hat |
| <input type="checkbox"/> Shorts (2 or 3) | <input type="checkbox"/> Cycling gloves |
| <input type="checkbox"/> Cycling/wicking socks (6 pairs) | <input type="checkbox"/> Rain suit (jacket and pants) |
| <input type="checkbox"/> 1 pair long pants | <input type="checkbox"/> Windbreaker |
| <input type="checkbox"/> 3 Wicking T-shirts | <input type="checkbox"/> Biking Shoes (sneakers or low hikers) |
| <input type="checkbox"/> 3 T-shirts | <input type="checkbox"/> Camp/hiking shoes/sandals (these should be different from the ones you ride in all day) |
| <input type="checkbox"/> Fleece sweatshirt or jacket | |
| <input type="checkbox"/> Bathing suit | |

Personal

- | | |
|---|---|
| <input type="checkbox"/> Quick drying towel | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> Soap and shampoo (you WILL shower at the end of Day 2, 5, and 7) | <input type="checkbox"/> Compact mirror |
| <input type="checkbox"/> Toothbrush and toothpaste | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Hair brush | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Personal medications | <input type="checkbox"/> Insect repellent |

Camping Gear

- Compact tent with rain-fly
- Sleeping bag or a couple blankets
- Sleeping pad
- Camping pillow (compact)
- Mess kit

Miscellaneous

- Wrap-style sunglasses
- Multi-tool knife
- Trail maps (C&O and GAP)
- Road maps (D.C, MD, VA, WV, and PA)
- Mini flashlight
- Compass
- Waterproof matches
- Daypack for side trips off the bike
- Hat
- Nylon cord
- Sewing kit
- Bandana
- High energy snacks
- Camera and film
- 2 way radios (w/ear buds recommended)
- Zip-lock bags (to keep stuff dry)