What to pack in: You may pack in anything that you like. A backpack is easiest to carry, but a duffel bag is perfectly acceptable.

**Essential Gear**

**Clothing**
- 2 t-shirts
- 1 pair of shorts
- 1 pair padded cycling shorts
- 1 bathing suit
- 1 pair lightweight pants; **no jeans** (they get wet and cold!)
- 1 wool or fleece sweater
- 1 set (top & bottom) **synthetic** long underwear, such as polypropylene or capilene. Any types containing cotton are not acceptable. Cotton robs the body of essential heat when it is wet.
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- underwear for 4 days
- 3 pairs socks
- cycling shoes - stiff soled shoes or sturdy sneakers
- 1 pair wool or fleece gloves
- small towel
- rain gear: rain jacket & pants are ideal

**Gear**
- a **bicycle** that is in good working condition (can be rented through the Outing Club for an additional $60, please call to reserve)
- a **helmet** (the Outing Club has a few, please call to reserve)
- a small day pack or fanny pack for carrying belongings to beach
- sleeping bag (pack this inside a tough garbage bag inside its regular stuff sack to help ensure dryness)
- sleeping pad (closed-cell pads or Therma-Rests® please, open cell foam pads act like sponges)
- 1 of each: cup, bowl, spoon (no glass)
- pocket knife
- 2 bike water bottles that fit into cages on your bike or a camelback hydration system
- headlamp and extra batteries
- sunscreen (spf 15 is good)
- bug repellent
- a few extra garbage bags
- toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, tampons, biodegradable soap)

**Optional Gear**
- camera and film (the Outing Club loves good photos!)
- sunglasses
- Sandals, such as Tevas, for wearing in camp
- **basic repair kit** if you have one
- journal and pen/pencil
- reading material (a small paperback)