

Cycle Oregon Weekend Packing List

For the Bike

- Helmet
- Rearview mirror
- Two 20-oz. water bottles (or equivalent hydration pack)
- Frame bike pump
- Simple tools (tubes, tire levers, patch kit, pump and rag)

Cycling Clothing

- Short-sleeve jerseys (2)
- Shorts (2)
- Tights (1)
- Wind jacket
- Bike shoes
- Socks (2)
- Gloves (short-finger)
- Sunglasses

Camp Clothing

- Shorts
- Long pants
- Socks
- Underwear
- Short-sleeve shirts
- Long-sleeve shirt
- Shoes
- Swimsuit
- Rain gear (water repellent breathable fabric)
- Warm jacket (fleece)

Toiletries

- Towel and washcloth
- Toothbrush and toothpaste
- Skin lotion
- Sunscreen
- Lip balm
- Chamois butter
- Soap and shampoo
- Medications such as aspirin or ibuprofen, antacids and personal prescriptions
- Other - band-aids, calamine lotion, and insect repellent

Camping

- Tent and rain fly
- Ground cloth
- Sleeping bag
- Sleeping pad
- Camp pillow
- Flashlight, extra bulbs and batteries

Other

- Camera
- Earplugs (for sleeping)
- Pocket knife
- Book
- Deck of cards
- Personal identification
- Cash
- Bank card