Cycle Adirondacks Packing List

This list is just a suggested group of items; individualize it however works for you. A few tips for your bag: find a very sturdy bag that is waterproof if possible. Large duffels like a hockey bag work quite well. Then, find a way to mark your bag that will distinguish it from the hundreds of others. Another hint: pack your daily kits in their own zip-lock bags ahead of time, or at least bring some along to put your smelly used clothes in, to keep your other gear as fresh as possible.

A reminder: You only get one bag, and it can’t weigh more than 65 pounds. Please don’t abuse this; we may resort to having a scale at check-in and making people leave things behind if they don’t respect the weight limit. Our baggage handlers aren’t professional weight-lifters; let’s give them a break.

On the Bike

- Helmet
- Water bottles
- Basic tool/repair kit
- Shoes
- Sunglasses
- Jerseys (at least one long-sleeve)
- Shorts or bibs
- Base layer (at least 2)
- Tights
- Arm/leg warmers
- Light jacket or vest
- Rain gear
- Socks
- Gloves (regular plus full-finger)
- Booties/toe covers
- Skully or other headwear
- Chamois butter

Off the Bike
• Shorts
• Long Pants
• Swimsuit
• Shirts (short- and long-sleeve)
• Warm jacket
• Socks and underwear
• Walk-around shoes
• Hat and gloves (fleece is good)
• Towel and washcloth
• Soap and shampoo (eco-friendly if possible)
• Reusable mess kit
• Skin lotion and sunscreen
• Lip balm
• Personal hygiene items
• Misc. – bug repellant, wet wipes, band-aids, athletic tape
• Laundry bag
• Camera
• Ear plugs
• Book, cards, journal

Camping

• Tent (with rain fly)
• Ground cloth
• Sleeping pad and bag
• Pillow
• Head lamp or flashlight
• Camp chair (if it fits in your bag and weight limit)
• Device charging cords