

OREGON BICYCLE RIDE

SUGGESTED CLOTHING & EQUIPMENT LIST

BICYCLE GEAR

- Helmet
- Bicycle (well tuned & appropriate gearing)
- Tire pump (mounted on bike)
- Handlebar or rack bag
- Water bottles (at least 2)
- Rear view mirror
- Lock and cable (optional)
- Cyclo-computer (optional)
- Plastic cover (for rainy nights)

PERSONAL GEAR

- Tent
- Sleeping bag

- Toiletries
- Sunglasses
- Sunscreen
- Lip Salve
- Chaffing cream
- Pen, note pad
- Stamps
- Favorite energy snacks
- \$\$'s for extras
- Camera/Film
- Personal prescriptions
- Ear plugs (optional)
- Binoculars
- Bug Repellent

RELEASE FORM

TOOLS

- Spare tubes
- Patch Kit
- Tire irons
- Extra spokes/wrench
- Small can of chain lube
- Any special tools needed for your particular bike

CLOTHING

- Cycling shoes
- Cycling gloves
- Cycling pants/shorts
- Cycling jersey/t-shirts
- Tank tops
- Long pants
- Long-sleeved shirt/sweater
- Underwear/socks
- Shoes/sandals
- Cycling rain gear
- Windbreaker
- Swimsuit
- Bandanna

ADDITIONAL CLOTHING

(Optional)

- Lycra tights
- Breathable, waterproof jacket
- Long-sleeve cycling jersey
- Polypropylene or wool gloves
- Warm hat
- Cycling Booties
- Earmuffs

NO-NO'S

- Boom-box's
- flammable fuels or stoves