**TWO WHEEL VIEW**

***Suggested packing list: 5 – day bike trip***

This is a bike trip. You pretty much have to carry everything you bring on your bicycle in four panniers (saddle bags). Two Wheel View will provide you with pannier bags before your trip departure. If you are uncertain whether or not to bring something contact us for clarification.

Washing your clothes: You should plan on wearing the same clothes multiple times. A good tip is to have a set of clothes that you wear during the day and a set of clothes that you wear when you are “in-camp”. Let's face it, a person can work up a real sweat with all the activities involved in a day of biking, camping and exploring. Add a few accidental stains into the mix and you have a pile of dirty clothes in desperate need of cleaning.

When on a bike trip it is often only possible to hand wash your clothes at your campsite or at a hotel. Choose clothing layers that wick moisture, dry quickly, insulate and are breathable. You can always hand wash your clothes (underwear, cycling shorts, etc…) in a bucket or wash basin and hang to dry overnight or hang off your bike the next riding day.

Suggested packing list.

* Small towel: a light weight camp towel, quick dry and light weight
* Toiletries: Toothbrush, toothpaste, deodorant, comb, brush, contact solution, razors, shaving cream, soap, shampoo, conditioner, feminine product, etc…
* 3 Underwear: change daily and wash as necessary at camp or along the way in a sink
* 2 T-shirts or cycling jersey: quick dry, lightweight material
* 1 long sleeve shirt/sweatshirt or layer that you would be comfortable wearing after cycling, out to eat, or walking around town or camp
* Cycling/Camping long pants: lightweight, quick dry type pants that you can wear while cycling or for warmth
* 2 short pants: biking shorts or whatever you are comfortable cycling in
* 3 pair socks
* Bathing suit
* Rain jacket/Wind jacket: can be for warmth on windy days or dryness if it rains
* Rain pants: lightweight pants that you can cycle in
* Sleeping bag and (optional liner): a cotton sleeping bag liner is nice for additional comfort
* Sleeping pad: a lightweight ultra-light thermarest is the most compact for packing
* Cycling helmet
* Closed-toe shoes/sandals: something to wear when you are not cycling - wet conditions may exist.
* Bike shoes: sturdy pair of closed-toe shoe for cycling. If you are bringing clipless pedals be sure to bring your own cycling shoes
* Pens: for writing in the group journal and your personal journal
* Sunglasses: good to have eye protection while cycling
* Headlamp/flashlight
* Sunscreen, lip balm

Optional

* Camera, extra HD card, battery charger, adapters
* Cycling gloves
* Book/journal: paperback or lightweight
* Bandana
* Ball cap/visor
* Personal water bottles
* Waterproof Document Case
* Book/journal: paperback or lightweight
* Bike Saddle
* Bike Pedals