

# Suggested Packing List

## ESSENTIAL

### Travel Items

- ☐ wallet (credit cards, bank cards & ID)
- ☐ cash for incidentals & leader gratuities
- ☐ airline tickets/e-ticket confirmation details
- ☐ sealable, quart-size plastic bags for stowing small liquid containers, swimsuit, etc.
- ☐ toiletries (including sunscreen & lip ointment)
- ☐ medications & copies of prescriptions
- ☐ list of important addresses & contact numbers

### Active Clothing & Gear

- ☐ biking shoes (& pedals) or stiff-soled sneakers
- ☐ light hikers or boots
- ☐ biking & hiking socks
- ☐ biking shorts (preferably with padding/chamois)
- ☐ walking/hiking shorts and/or lightweight pants
- ☐ short-sleeved biking jerseys
- ☐ non-cotton base layers of varying weights
- ☐ short-fingered biking gloves
- ☐ lightweight biking/hiking jacket or vest
- ☐ hat with brim
- ☐ daypack/waistpack (for water, snacks, etc.)
- ☐ sport sandals and/or flip flops
- ☐ sunglasses (with retention strap)
- ☐ swimsuit

### Rain Gear & Cold Weather Clothing

You may not need all of the items listed here, but they are necessary to stay comfortable in case of rain or unseasonably cold weather.

- ☐ waterproof (breathable) rain jacket & pants
- ☐ arm & knee/leg warmers (for biking)
- ☐ toe covers/booties (worn over bike shoes)
- ☐ waterproof/water-resistant warm gloves
- ☐ lightweight, but warm, cap that fits under helmet (skullcap) or headband that covers ears

## LUGGAGE REMINDERS

Please limit your luggage to one medium-sized suitcase (we recommend 25"–28", preferably not hard case) and one small carry-on bag. Be sure to mark your luggage with your contact information.

### Non-Active Clothing

- ☐ clothing & shoes for downtime & restaurants
- ☐ lightweight jacket (like fleece) or warm sweater
- ☐ warm hat

Backroads provides water bottles & walking sticks.

## OPTIONAL

- ☐ camera & charger (**remember to enter our guest Photo Contest!**)
- ☐ cell phone & charger
- ☐ alarm clock
- ☐ helmet and/or saddle (if you prefer your own)
- ☐ bike mirror
- ☐ clear glasses/replaceable lenses for rainy days
- ☐ CamelBak or similar hydration backpack
- ☐ guide book and/or field guides
- ☐ notebook/travel journal & pens
- ☐ reading material
- ☐ earplugs
- ☐ insect repellent

## GREAT GEAR VENDORS

For a list of some of our favorite gear and gadget retailers, visit: [www.backroads.com/gearup](http://www.backroads.com/gearup).

**QUESTIONS?** Call 800-462-2848