

**Here's a Packing list for your Tour**. You don't need a lot of stuff, but we suggest at least one each of the following items. Please bring the proper quantity for the length of your trip, and pack your belongings in one or two suitcases (please leave duffel bags home). We'll have name tags for your luggage.

Safety Equipment:	
USB rechargeable LED bike l	ights, front & rear
Helmet	
Eye protection	
On the Bike:	
Bike Shorts	Bike jerseys
Gloves	small tool kit
1 pair tights	Long sleeve bike top
Rain jacket	Sunglasses
Sunscreen	Bike shoes & socks
Cell phone & charger	Bike lock & cable
Personal tool kit	Inner tube(s)
At the Lodge:	
Shorts	Short sleeve shirts
Long pants	Long sleeve shirt
Hat	Undergarments & socks
Swimsuit	Walking shoes
Toilet kit	Jacket and/or sweatshirt
Day pack or small	
backpack	hat or cap
Water socks & outfit to	wear in a kayak for a day