

Bike Trip Things to Bring List

PACKED IN YOUR BACKPACK:

- Backpack (Internal or External Frame)
- Backpack Cover
- Sleeping Bag (15F > lowest expected temperature)
- Backpack Pillow (not the one on your bed)
- Ground Pad (foam or self-inflating)
- Matches or Click-Click
- Eating Utensils
- Cup
- Small rope
- Flashlight or Headlamp
- Small Camp chair
- Plastic Bag for Trash and Wet Clothes
- Camp Towel
- Toothbrush and Toothpaste
- Camp soap
- Medicine
- Clothes, as needed
- Extra socks
- Camp shoes (no open toe shoes)

PACKED IN YOUR DAYPACK:

- Small Day Pack for ride
- Water Bottle or Bladder (Remember to fill it before we leave)
- Trail Snack
- Raingear
- Pocketknife
- Important Papers
- Personal First Aid Kit
- Jacket
- Gloves
- Spare tube for tire
- Bike Lock (Optional)
- Sack Lunch for Friday on the Bike Trail

BACKPACKING STYLE PATROL GEAR:

- Bowls
- Tent
- Ground cloth for Tent
- Stove
- Stove Fuel
- Food
- Cooking gear
- Ditty bags for food and gear
- Cooler
- Patrol first aid kit

OTHER:

- Money for lunch on Sunday (fast food)
- Bike
- Bike Helmet (REQUIRED)
- Scout Spirit (REQUIRED)
- \$35
- Permission Slip

ADULTS:

- Two-way Radios
- Bike tools
- Air pump