

The following is a list of all personal equipment needed to have a comfortable bicycling experience with the Troop. It is designed to help you prepare and gives you an idea of how each piece of gear will be used. Because weather is unpredictable, there is no guarantee that all of the equipment will be used and there might be a few adjustments as weather conditions become more obvious. Please keep the following in mind as you prepare:

- Layering:** Layering means wearing numerous items of thinner clothing rather than one heavy item. Layering allows you to adapt your clothing to a variety of weather conditions. Start with thinner, tighter layers near the skin and move to heavier, looser layers away from the body. Top it off with a wind-proof layer and you have an excellent clothing system.
- Fabrics:** A great number of fabrics are used in outdoor clothing, often with different names for the same thing. Some simple rules: (1) **Avoid cotton** – T-shirts are nice to have along, but when wet, cotton loses all of its insulating value and should not be relied upon for outdoor use. (2) Wool and/or synthetic clothing is recommended – these fabrics do not hold as much water and do not lose insulating value when wet. Avoid blue jeans (they are cotton); look for blended synthetic pants. Synthetic long underwear or fleece is perfect for a variety of conditions.
- On Bike:** Everything you will need while bicycling should be carried with you. Panniers or saddle bags work the best (because they are attached to the bicycle), but a light daypack may also be used. Items that should be with you on the bicycle include a helmet (required), water (2L), snacks for each day, Saturday lunch, rain gear, extra clothing (depending on weather), spare inner tube, personal first aid kit, and gloves. If you want to bring a hat, it must be thin and fit under your helmet. Tools and supplies for bike repair may also be carried if you have them, but leaders generally carry these for you. A cold headwind while bicycling is often a major obstacle, which is why wind gear, gloves, and a lightweight hat are often necessary.
- Packing:** All personal gear that will not be with you on the bicycle should be placed in a backpack or duffel bag that can be stored in the transport vehicle. This gear will become available at the campsite, but not while bicycling. Please put everything in a single bag to make packing/unpacking easier.

### Footwear

Equipment	Quantity	Comments	Check List
Bicycling shoes	1	Do not have to be specifically made for bicycling, but should have a sturdy sole and be compatible with the pedals that you have (straps or clips). Lightweight boots work well, as they also keep your feet warm on cold mornings.	
Campsite shoes	1	Tennis shoes or other light shoe with closed toe for the campsite. No flip-flops, as these do not protect your feet.	
Socks	2 or 3	Medium wool or synthetic - one (or two) for the bike and one for the campsite.	

### Upper Body Layers

Equipment	Quantity	Comments	Check List
Quick-dry long- or short-sleeve lightweight shirt	2	T-shirts are OK, as long as they are NOT cotton. One for the bike and one for camp.	
Light to mid-weight long underwear top	1	A base layer for cold days. May be necessary early in the morning until you get warmed up.	
Thin fleece or heavy long underwear	1	Any secondary fleece layer of 100-200 weight. This is your "middle" layer.	
Fleece jacket	1	Should fit over other layers. This is your "top" warmth layer.	
Nylon wind top	Optional	Should fit over all layers. Allows you to have a lightweight	

		breathable layer for when it isn't raining. A rain jacket is often a viable substitute for this wind-break layer, particularly if your rain jacket is <i>Gore-Tex</i> (or similar).	
Rain jacket with hood	1	Waterproof and durable. Should fit over all layers. <i>Gore-Tex</i> (or similar) is nice, but quite expensive and not essential. Ponchos are not acceptable and are very dangerous on a bicycle.	

### Lower Body Layers

Equipment	Quantity	Comments	Check List
Quick-dry long pants	2	One for the bike and one for camp. Zip-off pants are a good choice, as they protect your legs, yet can become shorts as desired.	
Light to mid-weight long underwear pants	1	For the cooler nights as needed. Can be used as a base-layer on the bike on cold days.	
Leg clips	Optional	For keeping your pants from getting tangled in the bicycle chain.	
Fleece pants	1	Worn over the base layer. Usually not needed while bicycling, as they tend to be too bulky for pedaling.	
Nylon wind pants	Optional	Should fit over all layers. Allows you to have a lightweight breathable layer for when it isn't raining. Rain pants are often a viable substitute for this wind-break layer, particularly if your rain pants are <i>Gore-Tex</i> (or similar).	
Rain pants	1	Waterproof and durable. <i>Gore-Tex</i> (or similar) is nice, but quite expensive and not essential. Ponchos are not acceptable and are very dangerous in the event of a capsized canoe	
Underwear	2	Synthetic is recommended for its drying capabilities. Cotton underwear will not dry after it gets wet. One for the bike and one for the campsite as necessary.	

### Head, Neck, and Hand Layers

Equipment	Quantity	Comments	Check List
Bicycle Helmet	1	Required while riding, must fit properly	
Wool/fleece hat	1	Anything that will cover your ears. Should be thin enough to fit under your bicycling helmet without compromising your safety.	
Riding gloves	1	Very nice to have for colder days, to protect against the wind and blisters and provide some padding for your hands.	
Camp gloves	1	For those cooler nights in camp.	

### Sleeping Equipment

Equipment	Quantity	Comments	Check List
Sleeping bag	1	A synthetic bag rated to 20 degrees F. Even though this is not winter camping, the evenings can still get cold. Down bags are not recommended, as they lose their insulating value if they get wet. Should pack reasonably small.	

Sleeping pad	1	To serve as an insulator between you and the ground. Closed-cell foam (3/8" thick) or an inflatable pad such as Thermarest is acceptable. Old-style blow-up mattresses are not.	
Sleeping bag stuff sack	1	Will help reduce the size of your sleeping bag and make packing easier.	
Sleeping clothing	Optional	Comfortable sleeping clothes for those that like to wear them. Put inside your sleeping bag, so they are easily accessible when going to bed. Clothes worn during the day do not make good sleeping clothes.	

### Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Daypack / Panniers / Saddle Bag	1	For carrying items with you while on the bicycle. Panniers or saddle bags attach directly to the bicycle and are preferred (but not required). Should be large enough to store carry your extra clothing, but not too heavy. Just the essentials.	
Sunglasses	1	Any good quality sunglasses with 100% UV protection will work. If you wear prescription glasses and have impaired vision without them, bring prescription sunglasses with high-quality keeper straps.	
Sunscreen	1	Make sure it is at least SPF 30 or greater. If you burn easily, bring zinc oxide.	
Lip balm	1	Stick or cream. Make sure it provides sun protection.	
Instant hand sanitizer	1	For keeping hands clean.	
Water bottle	1-2	Wide mouth quart or liter sized.	
Toiletries	NA	Toothbrush and paste, prescription meds, toilet paper. Avoid odorous items. No deodorant, soap, or shampoo needed on a weekend trip (really).	
Prescription glasses or contact lenses	NA	Bring a spare set if this pertains to you. With keeper strap.	
Small towel	1	Don't bring a large beach towel.	
Personal mess kit	1	Plate, cup, and utensils (plastic or metal). Group cooking gear supplied by the Troop.	
Headlamp or flashlight	1	For night time.	

### Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1	Small, light, and durable.	
Personal first aid kit	1	Nice to have with a few essentials (such as band-aids). The Troop carries a complete first-aid kit.	
Pocket knife	1	Must have Tot'n Chip.	
Matches/Fire-starter	NA	Must have Firem'n Chit.	
Maps/Compass	1	Nice to know where you are and where you are going.	
Binoculars	1	Small, lightweight binoculars allow you to see some neat things.	

Book	1	For those personal times. The BSA Scout Handbook is a good one to carry if you need to work on advancement.	
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