



**Expect Rain – when you're hiking/cycling and in camp ...  
BE PREPARED to stay dry !!!!!**

**You Must**

- ✓ Be comfortable in your backpacking/paddling equipment
- ✓ Pack days before you are to leave and throw out the unnecessary
- ✓ Everything that must stay dry **MUST** be BAGGED
- ✓ Check items off the list as they go in
- ✓ Know how to fill and operate your stove
- ✓ Know how to set up your tent properly
- ✓ Plan each meal AND know how to prepare it
- ✓ Cycling - know how to change/repair a tire

**Remember:**

- take only what you'll use everyday plus emergency supplies
- consider the weight and size of each item
- repackage to save weight
- **warm, dry** and **fed** are the basics

**NOTE: The tent site is approx. 200m from the parking lot. Wheelbarrows are available to transport the gear from the parking lot. Although weight and size are not critical, don't bring the kitchen sink. Coolers and small BBQ's are ok but share with others.**

Cycling			
<input type="checkbox"/> <b>Helmet (no lid...no ride)</b> <input type="checkbox"/> Tire spoons <input type="checkbox"/> Padded cycling shorts <input type="checkbox"/> Toe clips (recommended) <input type="checkbox"/> Correct tires for the terrain	<input type="checkbox"/> Water bottle & holder <input type="checkbox"/> Bike gloves (optional) <input type="checkbox"/> Bike bag/small pack to carry lunch, warm clothing <input type="checkbox"/> sunglasses	<input type="checkbox"/> Tire patch kit <input type="checkbox"/> Bike lock <input type="checkbox"/> Spare tube <input type="checkbox"/> Rain gear <input type="checkbox"/> Small first aid kit	
Shelter	Sleep	Cooking	Personal
<input type="checkbox"/> Tent <input type="checkbox"/> Full cover fly – seem sealed <input type="checkbox"/> Ground sheet <input type="checkbox"/> Pegs & ropes as required <input type="checkbox"/> Tarp (optional)	<input type="checkbox"/> Sleeping bag w/hood <input type="checkbox"/> Sleeping pad <input type="checkbox"/> Sleep wear (warm) <input type="checkbox"/> Pillow (optional)	<input type="checkbox"/> Stove <input type="checkbox"/> Fuel <input type="checkbox"/> Pot(s) w/lid(s) <input type="checkbox"/> Knife/fork/spoon/plate/cup <input type="checkbox"/> Lighter/matches	<input type="checkbox"/> T.P. <input type="checkbox"/> Toiletries <input type="checkbox"/> Medications <input type="checkbox"/> Camera <input type="checkbox"/> Sunblock <input type="checkbox"/> Insect juice <input type="checkbox"/> Chapstick <input type="checkbox"/> Book/cards/etc...
Equipment	Food (per day)	Clothing – warm & dry	
<input type="checkbox"/> Water bottle <input type="checkbox"/> Flashlight w/batteries <input type="checkbox"/> Sunglasses <input type="checkbox"/> Backpack (60-80L) <input type="checkbox"/> Lg. Garbage bag (x2) <input type="checkbox"/> Light cord (15 m) <input type="checkbox"/> Whistle	<input type="checkbox"/> Breakfast <input type="checkbox"/> Trail snacks <input type="checkbox"/> Drink crystals <input type="checkbox"/> Warm drinks <input type="checkbox"/> Trail lunch <input type="checkbox"/> Dinner (quick/easy/good) <input type="checkbox"/> Late night snacks	<input type="checkbox"/> Shorts <input type="checkbox"/> Polypro T-shirt <input type="checkbox"/> Socks (x2) <input type="checkbox"/> Underwear (x2) <input type="checkbox"/> Hat w/brim <input type="checkbox"/> Camp shoes <input type="checkbox"/> T-shirt (in camp)	<input type="checkbox"/> Fleece <input type="checkbox"/> Windproof jacket <input type="checkbox"/> Rain Jacket & Pants <input type="checkbox"/> Good comfortable hiking boots <input type="checkbox"/> Gaiters <input type="checkbox"/> Long Pants <input type="checkbox"/> Toque

# CYCLING EQUIPMENT LIST

# OUTDOOR ED 11/12

**Menu:** (In brackets is where you are going to have your meal, i.e. "on the beach", "at camp", "on the trail")

Day 1		Day 2	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Day 3		Day 4	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Day 5		Day 6	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Condiments/Snacks