

## SHELTER

- ☐ Tent
- ☐ Rain fly
- ☐ Ground cover

## BEDDING

- ☐ Sleeping bag
- ☐ Air mattress/sleeping pad
- ☐ Pillow
- ☐ Earplugs

## HYGIENE / HEALTH

- ☐ Toothbrush, paste, floss
- ☐ Towel
- ☐ Washcloth
- ☐ Pads/tampons

## CLOTHING

### Bicycling

- ☐ Jerseys/shirts
- ☐ Shorts
- ☐ Rain jacket & pants
- ☐ Bicycling shoes
- ☐ Gloves
- ☐ Base layer (arm & leg warmers)

### Non-bicycling

- ☐ Pants / slacks / skirt / dress
- ☐ Blouse / shirt
- ☐ Shoes / sandals
- ☐ Socks / underwear
- ☐ Swimsuit

## ACCESSORIES

- ☐ Sunglasses & case
- ☐ Chargers (phone, ebike, lights)
- ☐ Batteries
- ☐ Flashlight / headlamp
- ☐ Bike computer

## RIDE LOGISTICS - STAYS WITH YOU

- ☐ Rider bib
- ☐ Helmet sticker & handlebar plate
- ☐ Bus and/or bike transport tickets
- ☐ Parking Passes
- ☐ RWGPS map / printed cue sheet

## ENTERTAINMENT

- ☐ Book, diary, sketchpad, cards

## BIKE GEAR

- ☐ Bicycle
- ☐ **Helmet**
- ☐ Air pump
- ☐ Tubes
- ☐ Bike bag (under-saddle, handlebars)
- ☐ Tools (flat kit, Allen wrenches, chain tool)
- ☐ Front and rear lights
- ☐ Mirror
- ☐ Lock

## FOOD & WATER

- ☐ Water bottles (x2)
- ☐ Emergency snacks
- ☐ Snacks for special dietary needs

## FIRST AID

- ☐ Medications (2-3 day supply)
- ☐ Sunscreen, SPF chapstick
- ☐ Bug spray
- ☐ Eye drops
- ☐ Chamois cream

## PERSONAL ITEMS – STAYS WITH YOU

- ☐ **State ID / Passport**
- ☐ Medical / Insurance card
- ☐ Wallet w/ cash
  - US currency
  - CAN currency
- ☐ Keys
- ☐ Phone & charger

## ADDITIONAL ITEMS

If after reading this guide you still have unanswered questions, please contact us via e-mail at:

[info@cascade.org](mailto:info@cascade.org)

### **Pack to be protected from rain**

Please **do not** pack valuables, laptops, or other delicate and irreplaceable items.

Some items such as firearms, weapons, fresh fruit or plant seeds, cannabis products (THC and CBD) **cannot cross** the US/Canada border.