

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

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 (3-4 day supply)
- Sunscreen, SPF chapstick
- Bug spray
- Eye drops
- Chamois cream

PERSONAL ITEMS

- State ID / Passport**
- Medical / Insurance card
- Wallet w/ cash
- 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

Pack for all weather types, especially if flying in from out of town.