

## SHELTER

- ☒ Tent
- ☒ Rain fly
- ☒ Ground cover

## BEDDING

- ☒ Sleeping bag
- ☒ Air mattress/sleeping pad
- ☒ Pillow
- ☒ Earplugs (Centralia train!!!)

## 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

## RIDE LOGISTICS - STAYS WITH YOU

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

**Pack to be protected from sun or rain.**

## 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, KITCHEN

- ☒ 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

- ☒ 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](mailto:info@cascade.org)

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