

## 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.