

THE PRE-DEPARTURE CHECKLIST:

- Newspaper Stop
- Mail Stop
- Kennel Pets Reservation
- Tune-up Bike/
- Clean
- Yard Work
- Check Weather Forecast
- Pack/Ship Bicycle
- Set Cylcometer to zero
- Large blanket to cover bike in truck
- Remove both bike pedals by turning wrench toward back of bike.
- Put pedals in bike shoe(s) in duffle bag!!!

CASUAL TIME CHECKLIST:

- Bags (50 lbs max per bag)
- Cash (\$50/day est.)
- I.D.'s/Road ID Bracelet
- Laptop/Tablet /Chargers
- Eye Contacts/Solution
- Bug Repellent
- Notebook Journal / Pen
- Stamps
- Camera/Cell Phone
- Bath Towels
- Toilet Paper
- Ear Plugs (for sleeping)
- Shorts
- Long Sleeve T-shirt/Sweatshirt
- 'Woolite' (if you wash)
- Kleenex (travel size)
- Wallet
- Route Map
- Cell Phone &Charger
- Sunglasses
- Sun Block
- Music / Earphones
- Business Cards
- Tylenol or Ibuprofen
- Batteries (AA, etc.)
- Pillow/Covers
- Bio Degradable Soap
- Baby Powder
- T-shirts
- Dirty Clothes Bag
- Gum
- Can Koozie
- Insurance Cards
- Cap/Hat
- Umbrella
- Eyeglasses /Case/Straps
- Chap Stick (SPF)
- Address Book
- Fanny Pack / Backpack
- Charger
- Gatorade Powder
- Toiletries
- Medications
- Swimsuit
- Shoes /Flip Flops
- Solar Shower Bag 3 gal.
- Hand Wipes
- Bungee Cords

- Book / Magazine Garbage Bags Zip Lock Bags = SM, LG, XL
- Plastic Grocery Bags (to cover bike seat at night)
- Heavy duty rubber bands (you'll find a use)

CAMPING CHECKLIST:

- Tent/Stakes/Mallet/Ground Tarp Tent Fan Waterproofed Tent
- Sleeping Bag / Air Mattress Clothes Line / Pins Tent Whisk Broom
- Water Filter Camp Stove Cooking utensils
- Eating utensils Camp light

BIKE STUFF:

- Bike (remove pedals!) [Cycling Shoes](#) Panniers/Bike Bags
- Tire Pump/ CO2 Front & Rear Bike Lights On-Bike First Aid Kit
- Bike Tools / Rags / Oil Tubes / Patch Kit Bike Lock
- [Helmet](#) [Gloves](#) (2) Bandannas / Headbands
- [Jerseys](#) [Bike Shorts](#) *Chamois Butt'r*
- Rain Gear Water Bottles / Camel Back Face towel (for on bike)
- Head strap light Ace Wraps, etc Power or Granola Bars
- Shift/Brake Cable Spare Spokes Front Spare Spokes Rear (L&R side)