

Bicycle

bicycle (of course!)
helmet (mandatory)
bike lock & cable
handlebar/seat bag
frame-mounted pump
spare tube/patch kit
tire tool, allen wrenches
large water bottles
rearview mirror
bicycle tag (preregistered)
wrist band (preregistered)

Clothing

cycling shorts
cycling jerseys
cycling gloves
cycling shoes
walking shorts
walking shoes
sunglasses
t-shirts
underwear, socks
rain gear
bandannas, hat, visor

Toiletries

towels, wash cloth
brush, comb, mirror
sunscreen
lip balm, nail clippers
medication, fan
soap, shampoo
tissues
lotion, chamois cream
toothbrush/paste, floss
deodorant, razor
toilet paper
shower bag

Miscellaneous

identification
medical insurance card
insect repellent
first aid kit
camera
flashlight, fan
cell phone, computer
clothespins
money
credit cards/checks
patience, sense of humor!

Sleeping Items

air mattress/sleeping pad
lightweight sleeping bag
sheets, pillow
ear plugs
tent, ground cloth if camping
rechargeable inflator
eye mask

Optional Items

plastic seat cover, warm-up suit, flip-flops/shower shoes, plastic tape, screwdriver, hand cleaner, rags, personal snacks, bicycle serial number, notebook, pencil, Map, spare glasses, fanny pack, , reading material, address cards, emergency information, poncho, stamps, postcards, American flag!

Your baggage should be distinctively labeled or painted. You may want to line your baggage with a trash bag to keep your clothes dry in case of rain!

WHAT SHOULD I LEAVE AT HOME?

Lawn chairs, trunks, mattresses, coolers, cots, flammable fuels, stoves and extra bikes are not permitted and will not be allowed on the baggage trucks. (Deflated air mattresses are permitted.) Also, leave at home your cares and worries, your job, and your big-city, in-a-hurry attitude.