



Proper equipment and clothing can make the difference between an epic lifetime trip or a monumental disaster. We have compiled a packing list to help in your trip preparations. This list contains general types of clothing and gear that you will want to pack. We have also compiled a selection of specific items that our staff has found to be superior or particularly well suited for this trip and its environment. This list is located at www.gearfetch.com/biketour, Gearfetch is Wilderness Voyageurs' on line store.

Remember that dressing in layers will be your most comfortable option. Your bottom layer should be what you will want to wear during the warmest part of the day. Add additional long sleeve layers on top of that. Quick drying wicking material is recommended above cotton. Cotton holds moisture instead of wicking it away from your body.

- 1) [Hydration Pack & Water Bottles](#): We recommend a CamelBak Hydration pack holding either 70 to 100 oz. Our staff favorites are The [Classic 70](#) or [The luxe](#) for a woman specific pack. [The Luxe](#) and the [Mule](#) have ample pockets and additional space for energy bars or clothing.
- 2) Helmet
- 3) [Fingerless Bike Gloves](#)
- 4) Short Sleeve Quick Dry T-Shirt or bike jersey x 3
- 5) Long Sleeve Quick Dry T-Shirt
- 6) Bike Shorts: Either lycra bike shorts on their own or a padded liner under bike shorts. Padding is essential!
- 7) Socks: 3 pairs should be plenty. [We recommend a lightweight wool](#) or synthetic cycling specific sock. Smartwool's are the staff favorites.
- 8) Bike shoes and pedals. If you are renting one of our bikes, bring your shoes and pedals, we will swap out pedals.
- 9) Lightweight rain coat and pants, crucial so that Mr. Rain does not "dampen" your trip.
- 10) Change of shoes and clothes for post riding and evenings.
- 11) Bathing suit for those refreshing hot tub evenings.
- 12) Headlamp. We will travel through a number of tunnels.
- 13) Spare tubes, patch kit, tire irons and a small pump. There will be a bike mechanic on the trail, but it's always a good idea to be self-sufficient.
- 14) Cliff or Luna bars, Sport Gels or your favorite "pick up".
- 15) Bike Bell (required on the C&O Canal and useful on the rest of the trail)
- 16) Sunscreen, lip balm, Chaffing cream or any other personal items you may wish to have during the day.

September and October Rides.

- 1) Bike pants: Either padded or a layering pant that will fit under you regular bike shorts. The days are often chilly in the morning and warm in the afternoons, so layering will be crucial. Arm and knee warmers are another nice option. They are small and easy to pack.
- 2) Helmet Liner or thin hat.
- 3) Toe covers
- 4) A long sleeve fleece for chilly nights post rides and mornings pre-rides.
- 5) A full fingered liner glove to fit under your fingerless bike gloves
- 6) High quality rain suit (heavier than a summer packable)

LUGGAGE **** Please keep your luggage to 1 medium sized, soft sided piece, 6000 cubic inches max ([travel duffels](#) are ideal), and 1 small carry on style bag. Make sure that your name is visible on the outside of all luggage.

This list is to serve as a starting point; your personal experience and personal preferences are the finishing touches.

If you have questions, please call us at 800-272-4141 and ask to speak with someone in the bike tour department. We'll be happy to discuss your packing needs.

Great Allegheny Passage and C & O CANAL Packing List



Personal

- Toiletries
- Sunscreen
- Lip balm
- Chaffing cream
- Medications
- Travel documents
- Insect repellent

BIKE STUFF

- Bike Helmet*
- Hydration pack
- Fingerless Padded Biking Gloves
- Spare Tube, 1 tire patch kit, 1 set tire irons*
- Portable bike pump.
- Bike Bell *
- Bike Shoes and Pedals or Stiff soled shoes
- Handle bar bag *

CLOTHING/GEAR

Gotta Have's

- Base layers of synthetic fabrics
- Synthetic socks intended for biking
- Long Sleeve Quick Dry T
- Short sleeve T-shirts or Bike Jerseys (3)
- Bike Shorts
- Lightweight breathable rain jacket & pants
- Vest/ lightweight jacket
- Changes of clothes
- Extra Sunglasses & Baseball Hat
- Shoes for evenings and walking about
- Headlamp

Recommended

- Biking tights
- Swimsuit
- Medium weight biking shirt
- Daypack/ fanny-pack

Optional (seasonal)

- Toe covers
- Leg Warmers
- Helmet Liner-skull cap
- Long Sleeve Fleece Jacket
- 1 Set of long underwear either wool or synthetic
- Full-fingered gloves

MISCELLANEOUS

- Camera
- Reading material—See the suggested reading list for this tour
- Travel Alarm
- Cell phone
- Binoculars

*These items are supplied with Wilderness Voyageurs bikes; the SAG vehicle will carry some spares.



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