

Sample Packing List - Summer Challenge #3

550km with resupply options about every 125km

Assumed forecast: high 30C, low around 10C, humid overnight but no rain

Course conditions: hilly, 98% gravel or dirt, some doubletrack trail, buggy

Goals: Total time under 40 hours, one or two good swims, stop and talk to people, 4-6 hours sleep

Category	Item (<i>italics is maybe</i>)	Pack location
Sleeping	MEC Merlin (+3 degree) sleeping bag Thermarest Neoair pad Tarp tent Contrail tent Tent pole Tyvek ground sheet	Left drybag on fork (anything cage) Left drybag on fork (anything cage) Right drybag on fork (anything cage) Tangle bag Right drybag on fork (anything cage)
Kitchen	Spork Knife (leatherman) Ziploc bags for spare food	Handlebar bag Handlebar bag Handlebar bag
Water (total capacity 2.5L/5 hours)	3 large bottles Liquitainer (1L) Water treatment tabs	Bottle cages on frame Tangle bag/on top of seat bag Seat bag
Food	Canned tuna salad (2) Sandwiches (2) Trail mix Gummy bears Nuun tablets <i>Instant coffee (drink cold)</i>	Tangle bag/seat bag Tangle bag/seat bag Feedbag Feedbag Tangle bag Tangle bag/seat bag
Other camping	Petzl LED Headlamp Small pack towel Swim trunks (running shorts) Piece of line (clotheline, repairs, etc.)	Tangle bag Right drybag on fork (anything cage) Right drybag on fork (anything cage) Right drybag on fork (anything cage)
Clothing (wear)	Club Ride shirt Club Ride shorts Icebreakers wool gitch Defeet wool socks Sugoi SPF50 skullcap Giro helmet Cycling shoes Sunglasses	Wear all this stuff

Extra Clothing	Lightweight buff (for bugs) Clear glasses Cotton cycling cap Thin wool gloves Extra wool gitch Arm warmers Leg warmers Compression socks (for sleeping) <i>Water-resistant windshell</i> <i>Wind vest</i> <i>LS light wool jersey</i> <i>Extra wool socks</i>	Tangle bag Tangle bag Tangle bag Tangle bag Seat bag Tangle bag Seat bag Seat bag Seat bag Seat bag Seat bag Seat bag
Emergency	Epi-pen Antihistimines (reactine & Benadryl) First aid kit	Seat bag Seat bag Seat bag
Personal	Cell phone/camera Cash/ID Lip balm Paper map Headphones	Gas tank Gas tank Gas tank Tangle bag Tangle bag
Bike	Tools 1 tube + patches Pump Lube & rag Leatherman Garmin Etrex 20 GPS	Seat bag Seat bag Seat bag Tangle bag Tangle bag On handlebars
Toiletries	Tea tree oil Polysporin Antibacterial wipes Peppermint soap (15mL) Sunscreen Bugspray TP Trowel	Seat bag Seat bag Tangle bag Seat bag Feed bag Tangle bag Tangle bag Tangle bag

Options:

- Same volume (about 40L) available from a set of small panniers and a small backpack/Camelbak (or handlebar bag)
- In lieu of tent, bring bivy sack and headnet
- In lieu of sleeping bag, bring blanket

- In lieu of tent or bivy, just bring mosquito net and rely on finding a picnic shelter/cabin/overhang for shelter

'Luxury items' to add:

- Small stove for hot coffee
- Camp shoes
- Second shirt