

Basic suggested packing list for the 5 Boro Bike Tour

You're limited to one bag of gear and one small personal bag.

Clothing bag

- Riding shoes
- Head lamp
- Padded shorts and riding jersey
- Rain gear – whatever works for you
- Light jacket
- Light thermal
- Full thermal Shirt
- T-shirt - wicking (cotton is not recommended)
- HELMET *must be worn every time you're on a bike
- Socks – wicking (cotton is not recommended)
- Underwear
- Walking shoes
- Pants
- Personal items, Sunscreen, Soap, Shampoo, etc.
- Some snack food
- Water bottles (a hydro pack also works well)
- Camera
- Cell phone
- Cell phone charger
- Bike tool kit
- Inner tubes
- Bike lock
- Any personal items needed for a week away from home. Meds, addresses for post cards, credit cards and cash.