

Suggested

PACKING LIST



A couple of reminders

Please use this checklist as a guide when packing for your Backroads trip. Remember that quality rain gear is essential for any destination—you'll enjoy your vacation to the fullest if you're prepared for all kinds of weather!

Please limit your luggage to one soft-sided medium-sized suitcase and one carry-on bag. Mark your luggage with your name, address and phone number.

CLOTHING AND GEAR FOR BIKING

- bicycling shoes or stiff-soled sneakers
- bicycling shorts *
- bicycling gloves
- bicycling tights
- long-sleeved shirts
- brightly colored jerseys* or T-shirts
- waterproof, breathable rain gear (jacket and pants)
- lightweight jacket or vest
- cycling socks *
- sunglasses

OTHER CLOTHING

- comfortable clothes for evenings
- fleece jacket or warm sweater (bring both if your trip runs in May, early June or September)
- walking/hiking shorts
- walking/hiking shoes
- thick hiking socks* with liners
- extra shoes for hiking in the Narrows (shoes with sufficient tread and toe protection, such as hiking boots or running shoes)
- hat with brim *
- swimsuit
- underwear and socks
- warm sleepwear
- gloves (for chilly mornings)

CAMPING GEAR

- warm sleeping bag and compact pad (Backroads provides, but you may bring your own)
- bath towel and biodegradable soap
- flashlight and/or headlamp
- small pillow

MISCELLANEOUS ITEMS

- wallet (credit cards, traveler's checks)
- airline tickets
- medications and copies of prescriptions
- daypack (large enough to hold extra layers, rain gear, etc.)
- sunscreen and lip ointment
- travel alarm clock
- insect repellent
- toiletries

Backroads provides water bottles

OPTIONAL ITEMS

- binoculars
- camera and film
- CamelBak or similar hydration-backpack

SUGGESTED ITEMS FOR KIDS

- bicycle shorts with padding
- bicycling gloves
- brightly-colored jerseys* or T-shirts
- sunglasses
- sun and rain hat
- rain jacket and pants
- kid-sized daypack
- disposable camera

* Available at www.BackroadsWear.com

How to Reach Backroads

BY PHONE 800-GO-ACTIVE
510-527-1555
Mon.- Fri. 7 a.m.- 5 p.m. PT
BY FAX 510-527-1444

WWW.BACKROADS.COM