

Gus' Summer Packing List for a Self Supported Inn to Inn trip

Wearing

- ☐ MTB shorts with liner or bike shorts
- ☐ Jersey*
- ☐ Mountain bike or touring shoes
- ☐ Wool socks
- ☐ Sunglasses
- ☐ Cap
- ☐ Helmet

On The Bike

- ☐ 2 cages
- ☐ 2 Water bottles ,one insulated
- ☐ Front Light - doubles as flashlight
- ☐ Rear Light
- ☐ Garmin or Odometer
- ☐ Handlebar bag

With either

- ☐ Seatpost mounted bag or Saddlebag
- ☐ Frame bag

or

- ☐ Rack
- ☐ Panniers

In Handlebar Bag

- ☐ Map
- ☐ Phone
- ☐ Phone charger
- ☐ Garmin charger
- ☐ Chargers for front and rear lights
- ☐ Wallet
- ☐ Passport
- ☐ Rain Jacket - doubles as light jacket for evening
- ☐ Arm warmers or sun sleeves with high UPF rating (optional)

- ☐ Leg warmers - can be worn during cool rain if needed instead of bringing rain pants
- ☐ Lightweight wind vest
- ☐ Glasses?
- ☐ Camera?

In Rear Bag

- ☐ 1 pair bike shorts
- ☐ SS jersey*
- ☐ Cooling base layer
- ☐ Wool socks x 2
- ☐ Underwear
- ☐ Lightweight quick dry pants - zip offs give you a spare pair of shorts.
- ☐ SS shirt for evening* (see below)
- ☐ Lightweight shoes
- ☐ Toiletries + chamois cream!
- ☐ Small soap to clean clothes - or use the hotel shampoo!
- ☐ Swimsuit
- ☐ Lightweight shoes for around town?

In Frame bag (Or combine with above if using panniers)

- ☐ Energy bars/drink mix
- ☐ Tire levers
- ☐ Patch kit
- ☐ Spare tube

Sharing (heavier items go into middle frame pack or split between panniers to balance your load)

- ☐ Topeak mini morph or similar pump
- ☐ Swiss army knife
- ☐ Folding tire if traveling remote areas
- ☐ Mini tool with chain breaker
- ☐ Duct Tape around a pencil
- ☐ Zip ties

- ☐Light lock
- ☐First Aid kit
- ☐Tooth paste
- ☐Deodorant
- ☐Sun tan lotion
- ☐Bug lotion
- ☐First aid

*You can eliminate the need to pack a shirt for evenings if you don't wear a "racer" cut and colored jersey. Instead wear & pack wick away shirts, or light wool jerseys/shirts. Then at the end of day one the kit you wore goes into the wash and hangs to dry while you wear next day's "jersey" to dinner. Repeat daily. You only need one pair of MTB shorts. Switch out clean liners or bike shorts each day. This will eliminate two articles of clothing and save weight.

Courtesy of Gus' Bike Shop
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