

Rocky Mountains Tour » Suggested Packing List

Camping

tent	separate bags for tent and fly is a good idea
sleeping bag	down is excellent, but must be kept dry
sleeping bag liner	lightweight liner (silk or cotton)
sleeping pad	thermarest or lightweight air mattress
chair kit ?	thermarest chair kit is light and a nice luxury!
cooking stove	
cooking pot(s)	
cup / bowl / plate	may not need all three!
clothes pegs & line	small length of lightweight line and a few pegs
water purification	likely the most important item on this trip as stores are sparse
small light	may not be necessary as the days are long
pillow	small inflatable pillow / cushion could be nice and weighs very little
knife / fork / spoon	
Swiss Army knife	...or something similar
matches / lighter	

Bicycle Items

lights	probably not required on this trip
water bottles	
spare inner brake cable	
spare inner derailleur cable	
spare 'power link' for chain	
spare brake pads	
tire levers	
hex wrenches	
screwdriver	
spare tubes	x2
puncture repair	
spare spoke(s)	2 or 3 - ensure they are the correct size!
spoke wrench	ensure it is the correct size for your spokes
chain breaker tool	
chain lubrication	
pedal wrench	
<i>chain whip</i>	<i>one between us</i>
<i>spare 700x32 tire</i>	<i>one between us</i>
<i>cassette removing tool</i>	<i>one between us</i>
electrical or duct tape	small amount
map holder for bike	
assorted cable ties	
lightweight bike lock	
GPS + bike holder	very nice in the mountains, but obviously not essential
assorted nuts & bolts	a few small nuts and bolts for fenders, racks, etc.

Clothing

helmet	
cycling shirts	x2
cycling shorts	x3
cycling gloves	
warmer gloves	it could be quite cold in the mornings when in the mountains
helmet covers / liners	for sun, rain and cold!
lightweight toque	
warm long sleeved shirt	

lightweight long sleeved shirt	
lightweight T-shirts	x2
lightweight undershirt	
socks	x4
lightweight long pants	
lightweight shorts	
swimsuit	
underwear	x2
rain coat	Gortex, or similar
rain pants	Gortex, or similar
warm jacket or vest	for those cold mornings!
cycling shoes	
shoe covers	For those cold, wet days we hope we do not get!
camp shoes	...also for a little hiking
hat	something to keep the sun off the head at the campsites!

Food Items

powdered milk	
drinks	coffee / juice crystals / tea / hearbal tea / whatever
energy bars or 'gorp'	
breakfast cereal	
lunch items	
freeze dried meals	

Personal Items

sunblock / lip balm	
sunglasses	
soap / shower gel / shampoo	
razor	
toothbrush / toothpaste	
dental floss	
Polysporin / Skin Lubesomething for the 'you know where'!
eye shades	since you will be going to bed in the daylight!
ear plugs	for those noisy campsites
small folding scissors	
pocket tissues	(or moist towelettes)
reading glasses	
book	
camera	
insect repellent	
cell phone & charger	maybe!
toilet paper	we could be camping 'rough' for one or two nights!
first aid kit / items	bandaids, gauze, blister stuff, antiseptic, bandages, tape
maps / guides / trip notes	
journal & pens	
lightweight (fanny) pack ?	since we will likely do a little hiking