

Biking Overnight Packing List:
(For: Sub-Alpine Biking and Camping)

Biking Specific Gear:

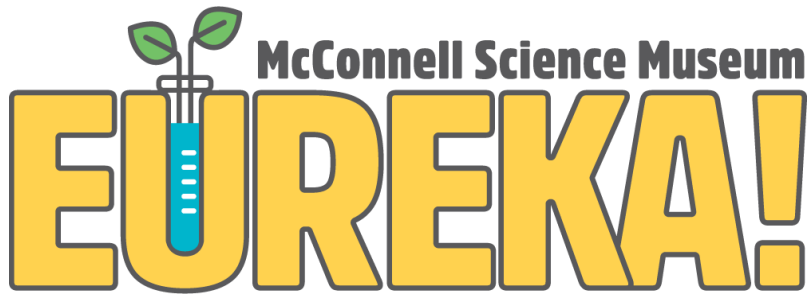
- Helmet
- Small Backpack, for riding
- Large Water Bottle or Camelback (we recommend 1 -1.5 liter, *must fit on bike or in backpack)
- A Tube, appropriate for your wheel diameter
- Mountain Bike (if you have one)
 - If you need to borrow a mountain bike please notify EUREKA!
- Mountain Biking Gloves (optional)
- Bike Shorts and Chamois (optional)

Footwear

- Closed Toed Shoes, for riding
- Sandals or Comfortable Shoes, to wear around camp
- Biking Shoes, with compatible pedals (optional)

Personal Care Items

- Sleeping Bag & Sleeping Pad
 - If you need to borrow a sleep bag and sleeping pad please let us know as soon as possible
- 2 Large Garbage Bags, for packing wet clothes or dirty shoes
- Travel Size Toiletries
 - Toothbrush & Toothpaste
 - Deodorant
 - Face/body wipes
 - Hand Sanitizer
 - Lotion
 - Lip balm
- Sunglasses
- Sunscreen 30 SPF minimum
- Travel Towel
 - Quick-dry and Body-sized
- Personal Medications (OTC & prescribed)
 - Guardians must also submit a [Medication Administration Permissions Form](#)
- Prescription Glasses or Contact Lenses (if needed)



Optional Items

- Journal
- Deck of Cards, Hacky Sack or Other Small Games
- Ear Plugs, for light sleepers

Luggage

Please pack all overnight gear into one duffel bag, internal frame backpack, or soft-sided luggage. All clothing and gear must fit into ONE bag. Make sure you are comfortable carrying your luggage several hundred yards. Avoid bags with wheels or a hard frame

Clothing

- Pajamas
 - Nights will be hot, so something comfy to sleep in
- 1 Insulating Base Layer, for the upper body (No Cotton)
- 1 Insulating Base Layer, for the lower body (No Cotton)
- 1 Fleece Pullover or Sweater
- 1 Rain Jacket
- 3 T-Shirts
- 1 Pair Shorts
- Swimsuit
- Rash Guard or Quick Dry Shirt
- Comfortable Pants for Evenings
- 5-6 pairs of socks
 - Some participants wear 1-2 pairs of socks per day
- Underwear
- Sunhat

Daily Necessities

- 4 Writing Utensils (2 Pens and 2 Pencils)
- Headlamp
- Travel Mug, for hot chocolate, cider, or tea
- Tupperware
 - 1 Sandwich-Sized Tupperware Container w/ Lid
 - 2 Snack-Sized Tupperware Containers w/ Lid