

BIKE/RAFT GEAR & CLOTHING CHECKLIST

PROVIDED BY HOLIDAY EXPEDITIONS

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| <input checked="" type="checkbox"/> LIFE JACKETS | <input checked="" type="checkbox"/> EATING UTENSILS AND PLATES |
| <input checked="" type="checkbox"/> WATERPROOF BAG | <input checked="" type="checkbox"/> FULL COURSE MEALS lunch the first day through lunch the last day |
| <input checked="" type="checkbox"/> DAY BAG | <input checked="" type="checkbox"/> DRINKS ice water, gatorade, lemonade, juices, 2 pops/person/day-mix of reg. & diet |
| <input checked="" type="checkbox"/> BIKE REPAIR KIT ample for common road repair on standard Mt. Bikes. If your bike has nonstandard components, come prepared. | |

The day bag 8" diameter x 20" high is for items you will need access to during the day. For your sleeping gear and clothing, we will furnish you with one bag 16" diameter x 2 feet high. When properly sealed, bags are usually waterproof. Once in a while, one could develop a problem; so if you have concerns, test your bags. Separate storage is provided for tents and beverages. Please remember to keep your gear light and compact . . . the less you bring, the happier you will be.

GEAR YOU MUST BRING OR RENT FROM HOLIDAY

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| <input type="checkbox"/> CUP plastic mugs work well. | <input type="checkbox"/> PONCHO/RAIN SUIT high quality important for Dinosaur trips. |
| <input type="checkbox"/> SLEEPING BAG compact and warm | <input type="checkbox"/> SLEEPING PAD/AIR MATTRESS Compact, must fit in the bag described above. |
| <input type="checkbox"/> GROUND CLOTH waterproof | <input type="checkbox"/> LIGHT TENT back packer style, not the bulky, heavy types. |

You can rent the items listed above in our sleeping rental kit. We offer two varieties, our basic sleeping kit which includes a sleeping bag, sleeping pad, ground cloth, rain gear and cup for \$40.00, or the same basic sleeping kit with a two-man tent for \$65.00. Rentals requested the morning of the trip are subject to availability.

BIKE must be in good repair; Holiday rental bike with helmet is available \$90.00/bike; If personal bike fails to meet minimum operating standards you will be asked to rent a Holiday bike.

RECOMMENDED CLOTHING

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| <input type="checkbox"/> SWIMMING SUITS | <input type="checkbox"/> SHIRT (S) short-sleeved, cotton, bike jerseys; i.e. T-shirts |
| <input type="checkbox"/> SHORTS quick drying | <input type="checkbox"/> SHIRT (S) long-sleeved, cotton for sun protection |
| <input type="checkbox"/> LONG PANTS quick drying | <input type="checkbox"/> SHOES keep dry for camp/hiking/biking, i.e. durable sneakers or lightweight hiking boots |
| <input type="checkbox"/> HAT for sun protection, with strap | <input type="checkbox"/> SHOES to get wet while rafting, i.e. water sport shoes or sneakers |
| <input type="checkbox"/> SUN GLASSES with safety strap | <input type="checkbox"/> SOCKS several pair, 1 cotton, 2 polypropylene or wool |
| <input type="checkbox"/> SUN SCREEN SPF 15 or higher | <input type="checkbox"/> JACKET fleece or pile with wind/rain resistant shell |
| <input type="checkbox"/> CHAPSTICK with sun screen | <input type="checkbox"/> LONG UNDERWEAR (optional) med. weight polypropylene/synthetic type |
| <input type="checkbox"/> HAND LOTION small plastic bottle | <input type="checkbox"/> BIODEGRADABLE SOAP available at outdoor specialty stores, or ivory soap |
| <input type="checkbox"/> TOOTHBRUSH/PASTE | <input type="checkbox"/> INSECT REPELLENT concentrates in small bottles works best, i.e. Musk brand |
| <input type="checkbox"/> COMB or BRUSH | <input type="checkbox"/> TAMPAX/ZIPLOCK BAGS 1 bag per day |
| <input type="checkbox"/> WASHCLOTH | <input type="checkbox"/> MEDICATION Aspirin/IBU Profen/Tylenol and personal prescriptions |
| <input type="checkbox"/> TRAVELTOWEL dries quick | <input type="checkbox"/> FLASHLIGHT small with extra batteries |
| <input type="checkbox"/> KLEENEX small travel pack | <input type="checkbox"/> STUFF SACK to keep wet/dry clothes separated, i.e. pillow case or plastic bag |
| <input type="checkbox"/> DISPOSABLE CAMERAS (optional) | <input type="checkbox"/> FISHING GEAR (optional) compact and well protected, i.e. rods in a case |
| <input type="checkbox"/> FANNY PACK for walks & biking | <input type="checkbox"/> EXTRA BEVERAGES/SNACKS (optional) NO GLASS PLEASE, liquor, wine, canned-beer/wine coolers/specialty pops/juice/high energy foods |
| <input type="checkbox"/> SARONG (optional) | |

DO NOT BRING glass-bottled beverages, radios, firearms, pets, and non-waterproof wristwatches. Please limit gear and clothing to no more than 15-20 lbs. **Warning:** Expensive cameras, binoculars, or other items should not be brought on your trip. In the event of a loss our insurance will not cover these items.

EARLY OR LATE SEASONS SUPPLEMENTS (May and Sept. on all trips and in June on all Yampa trips.)

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| <input type="checkbox"/> STOCKING CAP wool/polypropylene | <input type="checkbox"/> WETSUIT BOOTIES replaces water sport shoes above |
| <input type="checkbox"/> GLOVES wool/polypropylene | <input type="checkbox"/> PILE OUTERWEAR in addition to a quality jacket, synthetic pile pants |
| <input type="checkbox"/> RIDING TIGHTS cold weather riding | <input type="checkbox"/> LONG UNDERWEAR medium weight polypropylene |

BIKE CLOTHING & GEAR SUPPLEMENT

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| <input type="checkbox"/> WATER BOTTLE (S) | <input type="checkbox"/> HELMET required - no exceptions, ANSI or SNELL approved. |
| <input type="checkbox"/> BIKE SHORTS padded | <input type="checkbox"/> SPARE BIKE TUBE Tuffy/Kevelar thorn strips are nice |
| <input type="checkbox"/> BIKE GLOVES a necessity | <input type="checkbox"/> TUBE PATCH KIT |
| <input type="checkbox"/> GEL BIKE SEAT OR GEL SEAT COVER (optional) | |

ITEMS YOU CAN BUY AT HOLIDAY'S ONLINE STORE: www.HolidayExpeditions.com/store or at our accessories stores in Green River and Vernal; the meeting points for our White Rim/Cataract, Maze/Cataract, Moab/Westwater, and Yampa Bench/Yampa trips.

ITEMS YOU CAN BUY AT BACKCOUNTRY.COM: www.bikeraft.com/expeditions/trips/bikeraft/checkrb.php3