

## BIKE GEAR & CLOTHING CHECKLIST

### PROVIDED BY HOLIDAY RIVER EXPEDITIONS

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|--|--|
| <input checked="" type="checkbox"/> LARGE WATERPROOF BAG   | <input checked="" type="checkbox"/> EATING UTENSILS, PLATES & CAMP CHAIR   |
| <input checked="" type="checkbox"/> DAY BAG  | <input checked="" type="checkbox"/> FULL COURSE MEALS lunch the first day through lunch the last day   |
| <input checked="" type="checkbox"/> DRINKS ice water, gatorade, juices,<br>1 pops/person/day-mix of regular & diet | <input checked="" type="checkbox"/> BIKE REPAIR KIT ample for common road repair on standard Mt. Bikes.<br>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. 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. Please limit gear to no more than 15-20 lbs.

### 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                    |
| <input type="checkbox"/> SLEEPING BAG compact and warm                            | <input type="checkbox"/> SLEEPING PAD Compact, must fit in the bag described above. |
| <input type="checkbox"/> LIGHT TENT back packer style, not the bulky heavy types. |   |

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

BIKE must be in good repair; Holiday rental bike with helmet is available **\$160.00/bike**; if personal bike fails to meet minimum safety standards you will be asked to rent a Holiday bike. **Holiday rental bikes come with platform pedals only. If you have clipless shoes you MUST bring your own pedals.**

### RECOMMENDED CAMP CLOTHING & GEAR

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|--|---|
| <input type="checkbox"/> UNDERWEAR   | <input type="checkbox"/> SARONG (optional)  |
| <input type="checkbox"/> SHORTS  | <input type="checkbox"/> SHIRT (S) short-sleeved, cotton, bike jerseys; i.e. T-shirts   |
| <input type="checkbox"/> LONG PANTS  | <input type="checkbox"/> SHIRT (S) long-sleeved, cotton for sun protection  |
| <input type="checkbox"/> HAT for sun protection, with strap  | <input type="checkbox"/> SHOES for camp/hiking/biking, i.e. durable sneakers or light weight hiking boots   |
| <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 non-fragrant  | <input type="checkbox"/> BIODEGRADABLE SOAP available at outdoor specialty stores, or ivory soap  |
| <input type="checkbox"/> TOOTHBRUSH/PASTE  | <input type="checkbox"/> INSECT REPELLENT Deet concentrate in small bottles works best  |
| <input type="checkbox"/> COMB or BRUSH   | <input type="checkbox"/> TAMPONS/ZIPLOCK BAGS 1 bag per day   |
| <input type="checkbox"/> WASHCLOTH   | <input type="checkbox"/> MEDICATION Aspirin/Ibuprofen/Tylenol and personal prescriptions  |
| <input type="checkbox"/> TRAVEL TOWEL dries quick  | <input type="checkbox"/> FLASHLIGHT or HEADLAMP small with extra batteries  |
| <input type="checkbox"/> KLEENEX small travel pack   | <input type="checkbox"/> STUFF SACK to keep clothes separated, i.e. pillow case or plastic bag  |
| <input type="checkbox"/> CAMERA (at your own risk), extra memory cards (or film), batteries & waterproof container | <input type="checkbox"/> EXTRA BEVERAGES/SNACKS (optional) NO GLASS PLEASE, liquor/ boxed-wine/canned-beer/specialty pops/juice/high energy foods |
| <input type="checkbox"/> BINOCULARS (optional, at your own risk)   | <input type="checkbox"/> GROUND CLOTH (optional) for sleeping under the stars   |

**Things not to bring on your trip** - glass-bottled beverages, radios, firearms, pets, and large amounts of cash beyond what you'll want for your guide's gratuity. Do not bring expensive jewelry, watches or electronics i.e. cell phones, laptops, tablets, etc. **Warning:** In the event of a loss regardless of fault our insurance will not cover these expensive items. **\*\*If you do decide to bring any of these items along with you to the meeting point for your trip, the most secure location to leave them behind would be at your hotel in their safe or locked up in the trunk of your vehicle. As a last resort we have a non-secure location at our headquarters, but we cannot assume responsibility for these items.**

### EARLY OR LATE SEASONS SUPPLEMENTS (April-June and Sept.- Oct. )

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|--|---|
| <input type="checkbox"/> STOCKING CAP smartwool/synthetic  | <input type="checkbox"/> PILE OUTERWEAR in addition to a quality jacket, synthetic pile pants |
| <input type="checkbox"/> GLOVES lightweight/synthetic      | <input type="checkbox"/> LONG UNDERWEAR medium weight smartwool/synthetic type                |
| <input type="checkbox"/> RIDING TIGHTS cold weather riding |   |

### BIKE CLOTHING & GEAR SUPPLEMENT

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|---|---|
| <input type="checkbox"/> TUBE PATCH KIT                             | <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"/> WATER BOTTLE (S) / HYDRATION SYSTEM                      |
| <input type="checkbox"/> GEL BIKE SEAT OR GEL SEAT COVER (optional) |   |

ITEMS YOU CAN BUY AT HOLIDAY'S ONLINE STORE: <http://www.bikeraft.com/products/> or at our accessories stores in Green River and Vernal; the meeting points for our White Rim, Maze, La Sal, San Rafael and Yampa Bench trips.

ITEMS YOU CAN BUY AT BACKCOUNTRY.COM: <http://bit.ly/1Ln7iDc>