

BEFORE YOU GO

*A Handbook for Adventure Cycling's
Leadership Training Courses*



Congratulations! You have taken the first step in fulfilling your cycling dreams by registering for an Adventure Cycling tour. Whether you are a seasoned or first time cyclist, preparing yourself physically, mentally, and logistically for your tour is a crucial part of enjoying your adventure.

Please take time to carefully read this booklet as it will help you prepare for, and will enhance, your experience on tour. We have made several revisions to this Before You Go booklet including changes in Adventure Cycling policies, gear checklists, and what to expect on your tour. Reading it now will save anxiety later on.

Of course you can also always call the Tours Department at Adventure Cycling with questions about your tour or the information in this booklet. Happy trails!

-Adventure Cycling Tours Team

In addition to this brochure, you will receive a detailed information packet approximately 60 days prior to your tour departure date. The packet will provide logistical details about transportation, shipping your bike, and where to meet at the start of the tour.

IMPORTANT

TRAVEL INSURANCE

Adventure Cycling Association's tours team sincerely wishes for every trip participant to attend and complete the tour of their choice. In an effort to plan for unexpected personal emergencies, health issues, weather, and transportation problems that might cause you to cancel or shorten your trip, travel insurance is strongly advised. Adventure Cycling recommends that you purchase travel insurance from **TripAssure** at: adventurecycling.org/travelinsurance/



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PREPARING FOR YOUR TOUR

The Leadership Training Course is a great opportunity to learn about what it takes to be a successful bike tour leader. Use the following checklist and the tips contained within this booklet to get ready for your course. Refer to page 5 for on-tour policies and procedures.

PREPARATION CHECK LIST

Upon receiving your confirmation packet:

- Please read all materials sent to you from Adventure Cycling. If you still have questions, call the Tours Department at 800.611.8687, or e-mail us at: tours@adventurecycling.org.
- Trip insurance is highly recommended.
- Before purchasing non-refundable travel tickets, call the Adventure Cycling office to make sure your tour is a definite "Go." We determine this at least 60 days prior to the trip start date.
- Ride your bicycle as much as possible!

90 DAYS BEFORE YOU GO

- Final balance due.** Pay online or call the tours department.

60 DAYS BEFORE YOU GO

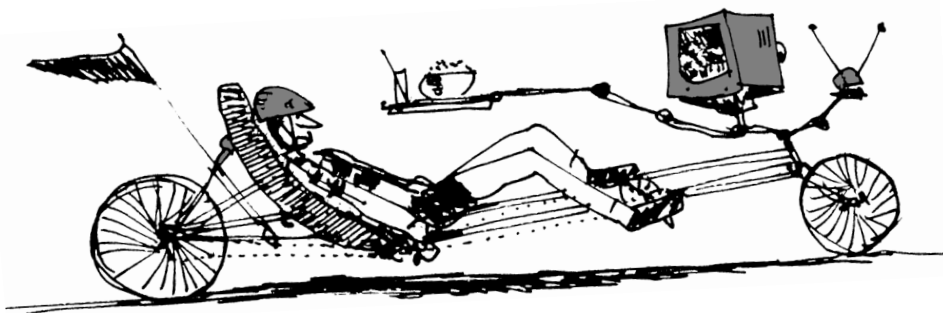
- If you haven't already started, don't wait any longer to begin training. Riding before your course will make your time on the course more enjoyable. If weather or other circumstances prohibit this, use an indoor trainer, stationary bicycle or other form of exercise that taxes the cardiovascular system.
- Arrange transportation for yourself and your bike.

45 DAYS BEFORE YOU GO

- Continue your training rides. Riding 20 miles or more per day a couple times per week.



PREPARING FOR YOUR TOUR



30 DAYS BEFORE YOU GO

- Make final purchases of clothing and equipment.
- Make certain that all repairs and maintenance, including lubrication, are made on your bike.
- Buy an extra pair of glasses or contacts and get a copy of your prescription.
- Continue your training rides, increasing both number of rides each week and duration. Seek out hills and varied terrain, attempting to simulate the type of riding you'll encounter on your tour.

14 DAYS BEFORE YOU GO

- Be certain you've used all your equipment and know how it works.
- Make sure your bike is fully tuned and ready.
- Continue training rides; it's better to discover and take care of problems before your tour begins.
- Pack your bike in a reinforced box and ship it, if it's not traveling with you (see page 16).

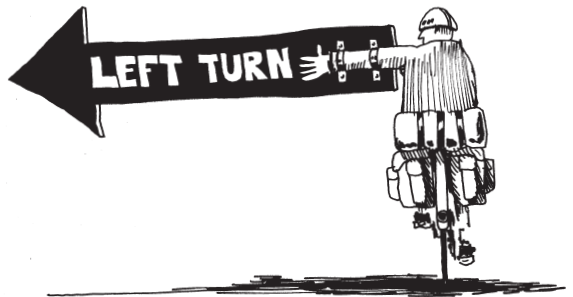
7 DAYS BEFORE YOU GO

- Fill medical prescriptions to last longer than your trip.

ADVENTURE CYCLING RULES OF THE ROAD

These “Rules of the Road” are important tour policies. They’ve evolved during the four decades that Adventure Cycling has been running tours, and are based on what we’ve learned from actual on-the-road experience. Please respect them; remember that a group, with its diverse personalities, requires a basic structure in order to function smoothly.

- A helmet (ASTM, CPSC, and/or Snell approved) **MUST** be worn while riding, both during the day’s ride and for any short trips from your overnight destination.
- Display the provided safety triangle on yourself or your bike so that it is visible from behind.
- Headphones or dual earpieces (except hearing aids) are not allowed while riding.
- Obey traffic laws and ride single file; drafting is discouraged.
- Alcoholic beverages will not be purchased with group funds.
- Never operate a stove on a table where people are sitting.
- Whenever stopping, get at least 10 feet off the road. If there isn’t room then move to a safer area.
- Tour leaders have the right and responsibility to insist that a participant receive professional medical attention.
- Don’t park bicycles against windows, gas pumps or near doorways or stairs.
- Do not use personal eating utensils, knives, etc. to prepare group food.
- Wash dishes at your campsite or in a designated “slop sink.” Do not wash dishes in restrooms, at pumps or at water taps. Soap should never be used in streams or lakes.
- Never take personal food into a restaurant.
- Do not hitchhike.



NOTE: Failure to follow Adventure Cycling’s “Rules of the Road” or to carry out your share of group responsibilities is grounds for dismissal from an Adventure Cycling tour, as is any other behavior determined to be detrimental to your group’s well-being.

YOUR GROUP AND LEADER

YOUR GROUP

Your group will be comprised of riders covering a broad spectrum of age and experience. We generally have a mix of men and women, most of whom come solo. We also welcome riders from all over the world, and every imaginable occupation is represented. Many participants are seasoned cyclotourists, while some are first-timers. To facilitate the exchange of pre-trip information, you and your fellow participants will be added to a Google Group approximately 60 days before the start of your tour. More information about how to use the group will be included in the Tour Information Packet.

While Adventure Cycling tours are designed to allow as much personal freedom as possible, each group member will have certain responsibilities to the group. As in any group travel situation, flexibility and the ability to compromise are essential. New friends and great camaraderie are the end results.

TOUR LEADERS

Adventure Cycling leaders are experienced bicycle travelers who have completed Adventure Cycling's training

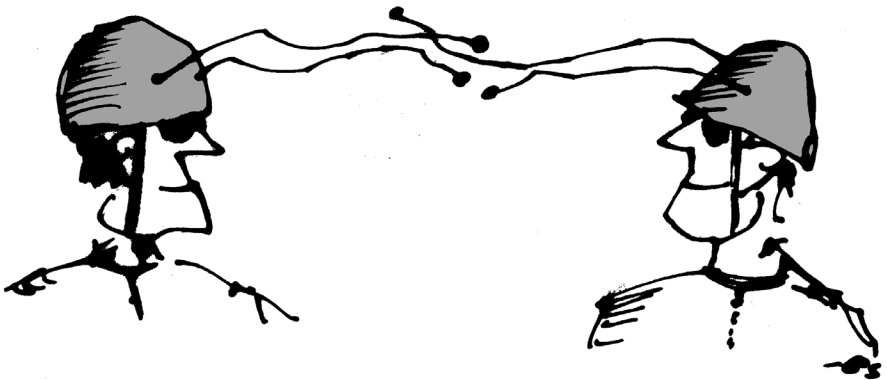
program. They attend to the logistics of your tour and help the group reach a consensus when decisions need to be made. They're certified in first aid and CPR, and many are trained bicycle mechanics who can assist with simple, on-the-road repairs and maintenance.

The Leaders in the LTC will instruct and advise you throughout the course and guide you through various activities. Their purpose is to facilitate your touring experience, but in many ways you must rely on yourself. Please know how to read a map, set up your tent, and repair a flat tire prior to your arrival at the tour start.

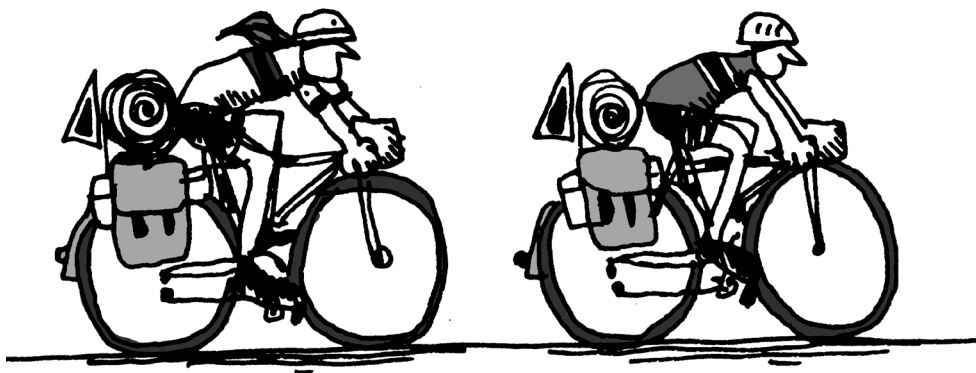
WHAT YOU RECEIVE

Leadership Training Course tour prices include meals, camping fees, maps, safety triangle and cycling swag.

Items not included are transportation to and from the tour, personal spending money, overnight accommodations other than those used by the group, bicycle repairs and parts, extra snacks and alcoholic beverages. Group funds are carried by the leader to cover group meals, overnights and miscellaneous expenses.



LEADERSHIP TRAINING COURSES



GUESTS AND PERSONAL VEHICLES

Due to liability factors, no personal vehicles or non-riding participants are allowed to accompany any of Adventure Cycling's van-supported, self contained, inn to inn or educational tours. If you are interested in SAG support or non-rider accompaniment, please look into our fully supported tours.

INSURANCE

Health Insurance: We strongly suggest that you continue, or obtain, major medical coverage during your tour. Existing homeowner's, tenant's, or auto insurance could be useful in case of theft during your tour. Check with your insurance agent before you suspend existing coverage.

Travel Insurance: Our sincere wish is for every trip participant to attend and complete the tour of their choice. In an effort to plan for unexpected personal emergencies, health issues, weather, and transportation problems that might cause you to cancel or shorten your trip, travel insurance is strongly advised!

Adventure Cycling and TripAssure are now working together to offer comprehensive travel insurance packages, which you can find at: adventurecycling.org

adventurecycling.org/travelinsurance/ or by calling 800.423.3632.

PERSONAL FINANCES

A major credit card is a good emergency backup, but should be supplemented by traveler's checks or a debit card. A budget of \$10.00 to \$15.00 a day is typical for incidentals such as postage, snacks, souvenirs and beverages.

WEATHER

The rule regarding weather is to prepare for the worst but hope for the best. In western states, be prepared for any kind of weather including hot days (100°F), rain, snow and cold nights (below freezing is possible) any time of the year. Weather in mountainous areas is particularly varied and unpredictable. Although humidity is often lower, dehydration can be a concern. Drink plenty of fluids even when you don't feel thirsty.

In the Midwest and East, humidity can rise above 90% and when combined with high temperatures, can be draining. A rule of thumb for avoiding dehydration and low energy levels is to drink before you are thirsty and eat before you are hungry.

LEADERSHIP TRAINING COURSES

People vary in their ability to adapt to high altitudes. Being in good physical condition seems to help, and participants may wish to arrive early to acclimate themselves to higher altitudes.

EQUIPMENT

Adventure Cycling provides each group with two stoves, fuel bottles, cookbook and group cooking gear (pots and lids, skillets, knives, spatula, spoons, ladle, can opener, and cutting board). A basic tool kit and first aid kit are also supplied. Please note that your bike may require unique tools. Please review the Tool Kit list on page 18; please bring along any tools you need that are not on the list. All group equipment must be returned to Adventure Cycling after the tour.

You provide your own eating utensils (plate, bowl, knife, spoon, fork, etc.) and some personal tools and first aid supplies. You are also responsible for your own bicycle, tent, sleeping bag, pad and ground cloth.

START POINT FACILITIES

Your tour will begin with registration and an orientation meeting at the date and location listed in your detailed information packet. The meeting typically starts in the late afternoon or early evening, and lasts for several hours. The exact time of the meeting and information about the starting point facility will be listed in your Tour Information Packet.

MEALS

Group members and the leaders, working in pairs, share in food purchasing, cooking and cleanup on a rotating schedule.

Due to limitations imposed by time and equipment, simple, nourishing one-pot dinners with lots of carbohydrates are the norm, supplemented with salads, vegetables, bread and dessert. Lunches usually consist of sandwiches, cookies, drink mixes, fruit, etc. Breakfasts often consist of dry cereal and/or oatmeal, fruit, bread and hot or cold beverages.

Grocery stores in smaller towns often have quite limited stock; because of this, and since food is purchased for the entire group, you'll need to be flexible about your diet. It is common to have people who eat a vegetarian diet; in such cases, meat can be cooked and served separately or mixed into only a portion of the main dish. It is not possible to cater completely to any one type of food preference, be it vegetarian, macrobiotic, junk food, or whatever. There will, however, be sufficient and nourishing food for everyone.

DAILY CYCLING DISTANCE AND CONDITIONS

Adventure Cycling Leadership Training Courses stay the duration of the tour at one camping facility. Daily rides are incorporated into the course and used to further demonstrate leadership skills. Be prepared to ride in any weather condition the day may hold.

LEADERSHIP TRAINING COURSES



For any tour, it is important to train prior to leaving; this will make riding during the trip more enjoyable. Weather is unpredictable—you may find yourself riding through rainstorms, fighting headwinds, or cycling in oppressive heat. You may also be climbing passes or sharing the road with coal and/or logging trucks, depending on the tour you choose.

The challenges of an Adventure Cycling course are balanced by the fact that you meet them at your own pace. Daily rides during the Leadership Training Course mimic those of our group tours in that you can complete them at your own pace.

RIDING PACE

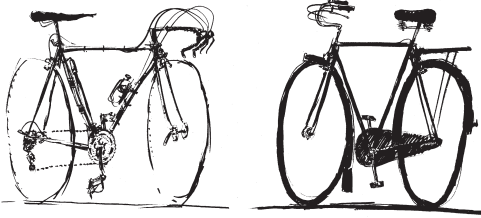
Groups are encouraged to ride in sub-groups of four or fewer individuals. Most participants end up riding with others who ride at a similar pace. The leader outlines each day's ride, but each cyclist is responsible for finding his/her way during the day. The leader or other designated person is normally at the rear of the group "riding sweep" and carrying the tool and first aid kits.

LATE ARRIVAL AND EARLY TOUR TERMINATION

Sorry, but there will be no refunds for arriving late to a tour or for leaving the tour early.

CHOOSING A BICYCLE

The main factors to consider are comfort and function. We've seen people enjoy themselves on nearly every type of bicycle. We've had traditional touring bikes, racing bikes, mountain bikes, recumbents, hybrids, tandems and even triples join our events. The key is to make sure that you choose the appropriate type of bike for your tour and that you're comfortable on it.



BIKE FRAMES

For touring, frames should be designed for stable handling, and have adequate tire/fender clearance and eyelets for attaching racks and water bottle cages. More and more, road tourists are using mountain bikes; they can be more comfortable, and they're more stable when negotiating potholes and gravel stretches. Standard knobby tires add to rolling resistance, but they can be replaced with slick tires for paved-road tours. Hybrid or cyclo-cross bikes combine characteristics of both mountain and touring bikes, and are another option.

WHEELS AND TIRES

Wheels are one of the two most crucial components of a loaded touring bicycle (the other is proper gearing). Aluminum rims of 22 millimeters or wider offer strength, light weight, and a good surface for braking. They also accommodate wider tires (28 - 32 mm) that better absorb road shock and bumps. For loaded touring, a 36-spoke wheel is preferable to 32 spokes and good hand-built wheels are stronger and more durable.

GEARS

Gears are measured in gear inches;

your bike shop can explain how these are computed. For loaded touring, a top gear of 95 inches is adequate, and a 22-inch low gear will serve you well on steep climbs. To quickly check your own bike, or when shopping for a new one, look for 24 to 28 teeth on the small chain-ring (attached to the pedal crank arm), and 30 to 34 teeth on the largest sprocket of the freewheel. The SMALLER the number of teeth on the small chainring and the GREATER number of teeth on the biggest freewheel sprocket, the easier it will be to pedal up hills.

BRAKES

Using side-pull, disc, or cantilever brakes is a matter of personal preference, although disc brakes generally have better performance in the rain.

HANDLEBARS

Dropped handlebars, standard on road bicycles, or upright handlebars with extensions, standard on mountain and hybrid bikes, both work well. The key is to have a variety of hand positions available to prevent pain or numbing in the hands.

WHERE TO BUY

The best bicycle will fail if it is not properly assembled. A reputable bike shop will be your best bet for reliable service. Selecting a dealer who conscientiously assembles and guarantees the bicycles they sell is even more important than the name on the bike.

You'll be surprised by how well your body will adapt to new physical challenges. But, unless you adequately prepare yourself, the first few days on a tour could be unpleasant - or even bring your trip to a grinding halt.

CAUTION: *It is advised that you receive a thorough physical exam by a medical doctor before your tour. If you have any doubts about your condition, consider having a stress test and EKG; a sports-oriented doctor would likely be versed in the special demands put on the body by cycling.*

PRE-TRIP PHYSICAL

Let your doctor know that you will be doing a bicycle tour, and talk about how many miles you'll ride each day. Riding at higher elevations presents significant challenges, as do extreme weather conditions, depending on the trip you select. Tours often pass through areas where medical care is not readily available.

Tell your physician about the special stress your body will experience while touring: on the cardiovascular system, eyes and skin (from sun and wind), muscles and connective tissues (especially knees), nerves in your hands (from road shock), and the gastro-intestinal system (from varied water sources, irregular meal times and contents, and sustained daily exercise).

CONDITIONING

Begin your training at a mileage that feels comfortable, whether it is 5 miles or 25 miles. Try to ride 3-4 days per week. Gradually increasing mileage over the course of several weeks. In training for a tour, riding speed is less important than endurance and time spent on the bike. The goal is to eventually ride several consecutive

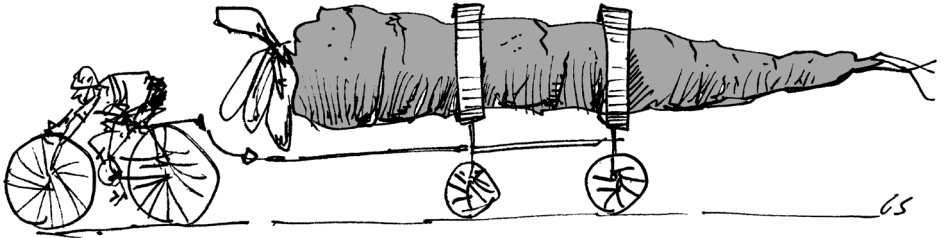
days (as you will on tour) and spend as much time as possible in the saddle. Commuting to and from work is one good way to help gain fitness.

While not needed for this course, it can be fun to take some long rides fully loaded, to "feel at home" with the added weight of full panniers or trailer. This experience will help you during the course. Ideally, you should take at least one overnight trip, which will help you determine if you've packed wisely, and give you a chance to test your equipment while there's still time to make changes or adjustments.

Lastly, it is important that you avoid overtraining. If you should begin to feel increasingly tired, depressed, or irritable or begin to dread riding, you may be training too hard or too often. By the start of your tour, you do not want to feel "burned out" or suffer from sore knees. Listen to your body and rest when necessary.



TOURING TECHNIQUES



A FEW TIPS

- Relax as you ride, and take a break and stretch every couple of hours
- Eat and drink frequently, in small amounts
- Drink 4 - 5 quarts of water daily
- Avoid injuring your knees; "spin" at a cadence of 90 to 110 rpm
- Avoid sore hands (and road rash in the case of a fall) by wearing cycling gloves. Change hand positions frequently
- If you're not already wearing cycling shorts with a synthetic chamois, get some! And, remember, cycling shorts are designed to be worn without underwear
- To avoid or treat chafing/saddle sores, apply chamois cream (sold at bike shops) or other lubricant to the irritated area or the chamois in your cycling shorts
- Bathe frequently
- Launder your cycling clothes frequently. It's best to rotate your cycling shorts so that you wear a clean pair each day

RIDING SKILLS

Practice riding until you can look back without veering to either side. Although not required, Adventure Cycling recommends the use of a rearview mirror. A rearview mirror

attached to your helmet or handlebars can make checking behind you easier. Don't make abrupt steering movements, especially on downhills or on slippery surfaces, or your tires may lose traction. Avoid pedaling when you're leaning into a turn; your pedal or toe clip could catch on the pavement and cause you to fall. Hold the inside pedal at the top of the revolution.

CADENCE AND GEARING

The system of gears on multi-speed bicycles lets you choose different pedaling rates, or cadences. Spinning in a gear that is too low is tiring and makes for a choppy ride; pushing a gear that is too high (a common error) is a primary cause of knee problems and the major reason people must stop cycling on a tour. Any time you feel the slightest twinge of pain in your knees, stop riding. Check saddle height and position to see if an improper adjustment is causing strain on your knees. When you resume riding, check your cadence. Skillful cyclists use a brisk, steady cadence, using the various gears to maintain a constant cadence over varying terrain.

BRAKING AND EMERGENCIES

A cardinal rule of bicycling is to brake before you must, especially on curves and downhills. Brake prior to going into a curve; then, if you need to slow down more, brake gently while in the curve. In general, your front brake has greater stopping power. Take care not to apply it too forcefully - you'll risk locking up your front wheel and doing an "endo." Your rear brake stops in a more measured fashion; use it to "feather" or modulate your decelerations. Always apply your brakes gradually, especially if there are other riders near you. Use special caution on downhills: bicycles accelerate rapidly, and loose gravel, rocks, vehicles and cattle guards can appear quickly when you're moving fast.

CHALLENGING CONDITIONS

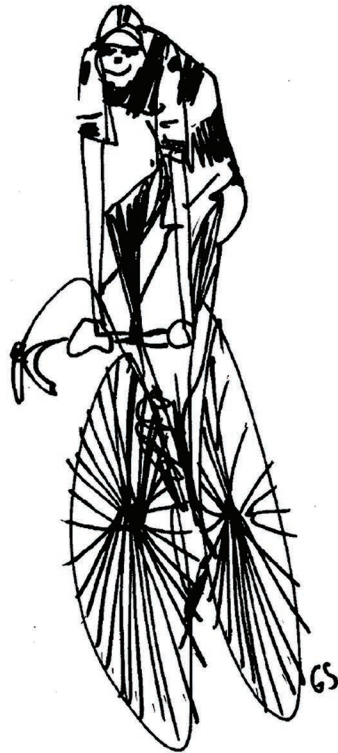
Motorized traffic presents the greatest danger to cyclists. If a vehicle overtakes you on the road, assume that there is a line of traffic following it, and that the following drivers have not seen you. Towing units and RVs are often equipped with mirror extenders that can clip unsuspecting cyclists. Be attentive and ready to leave the road if necessary.

Watch for oil, wet leaves, loose gravel, railroad crossings and foolish cyclists stopped in the roadway.

Be aware that when you are heading directly into the sun, motorists behind you are doing the same and they may have difficulty seeing you. Try to avoid

night riding, but if you must ride after dark, use lights and wear reflective clothing. Fog can be just as dangerous; it distorts depth perception and drivers generally have less experience navigating through it.

NOTE: Adventure Cycling's Cyclosource catalog includes some of the best cycling gear available; it's selected using the recommendations of Adventure Cycling staff and participants. adventurecycling.org/store



WHAT TO TAKE AND HOW TO PACK

CLOTHING

Weight and bulk, versatility, and suitability for anticipated conditions are the primary considerations when deciding what to take along on your bicycle tour. If this is your first tour, you may find yourself sending home surplus clothing/gear once you've been on the bicycle a few days and discover how much—or, rather, how little—you really need for a comfortable tour.

Cycling shorts with synthetic chamois lining, cycling shoes, a helmet, raingear, tights, and cycling gloves are the best items to purchase specifically for bicycling.

When it gets chilly, it's best to layer clothing for warmth. Avoid cotton undergarments (they trap moisture, chafe your skin and are poor insulators when wet); instead, it is best to choose synthetic fibers that wick moisture away from your skin. Next comes a wool sweater or synthetic pile jacket; both are good insulators, even when wet. Your rain/wind jacket serves as the outer layer. A breathable

waterproof fabric, such as Gore-Tex, will keep you dry, and is an effective windbreak. Coated, waterproof raingear will dampen your clothing from the inside.

Also carry a light, loose-fitting, long-sleeved shirt to protect your skin from the sun. Clothes should do double duty: For example, will your off-bike outfit double as a warmth layer or sun protection?

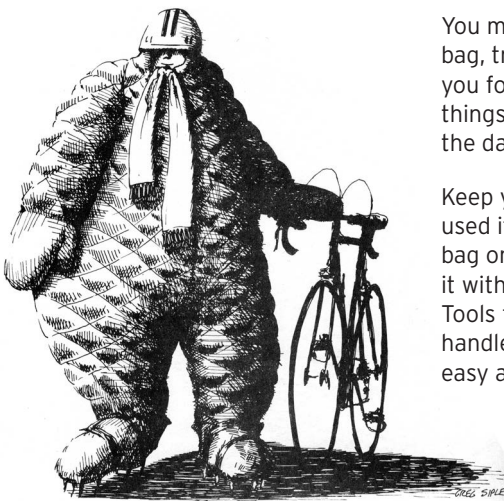
Shoes need stiff soles to increase pedaling efficiency and to protect your feet from the sustained pressure of pedaling. Touring shoes can double as riding and walking shoes. Feet often swell slightly when riding, so choose shoes that allow free movement of your toes.

PACKING

Consider packing as you would for a self-contained tour - try to keep your load as light as is practical. While you do not need to carry any of your gear with you during your daily rides, there is no storage available outside of your tent.

You may consider having a handlebar bag, trunk bag, or pannier along with you for the ride to be able to carry things you may want with you during the day.

Keep your wallet, camera and often-used items in a detachable handlebar bag or fanny pack and always take it with you when you leave the bike. Tools for fixing flats can go in your handlebar bag or a small seat bag, for easy access.



TRANSPORTATION FOR YOU AND YOUR BICYCLE

NOTE! To be safe, ship your bicycle 10 days in advance. Even if you choose an overnight or three-day shipping option, allow two or three extra days for the bicycle to arrive. No shipping company has a perfect record!

AIR VS. GROUND

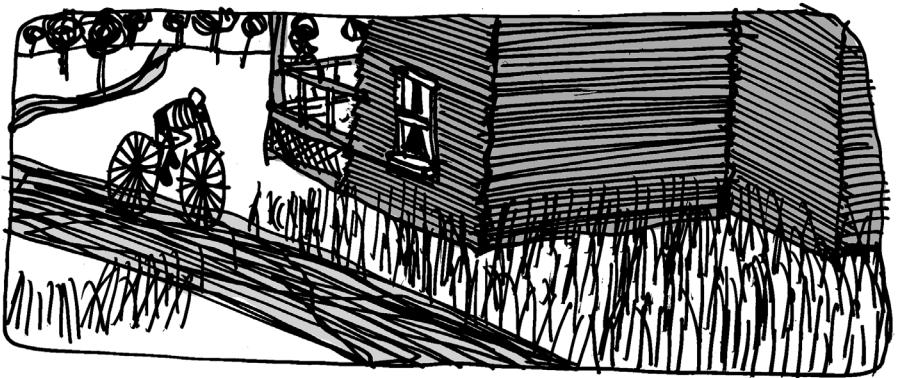
You could expect to pay up to \$150, each way, to have your bike accompany you on your airline flight. Services like BikeFlights.com will ship your bike for considerably less, but you'll need to plan ahead to utilize this option. Most bike shops at our trip starting points will accept delivery of and hold your bicycle until you arrive. Consult the shipping section in your Information packet and call ahead to make arrangements for shipment. Regardless of transportation mode, we advise insuring your bike against damage or loss.

PACKING

Don't wait to pack your bike an hour before your (or its) departure. Plan to do this at home several days prior. If you are not confident, your local bike shop can pack it up for you. Some seasoned cyclotourists use padded



carriers or hard-sided cases to ensure that their bikes are well protected during shipment. You can purchase such a carrier from your local bike shop or online. Others will use a cardboard bike box, which can usually be obtained from your local bike shop at little or no cost. For most of our shorter tours, storage will be arranged for your bike case. Please consult your tour information packet and see our website for more information on packing your bike.



TIPS ON CAMPING

On most trips, we use commercial campgrounds with showers, laundry and a store on the premises. We also may use county and state parks to host our group. Each Leadership Training Course location will have different amenities.

FOOD

Food purchasing, preparation and cleanup are done by members of the group on a rotating basis. Dinner and the next day's breakfast and lunch supplies are purchased during the day, and all members of the group will get to participate.

DRINKING WATER

Giardiasis, a debilitating intestinal illness, is caused by a protozoa that is found in surface water throughout North America. The clearest mountain stream may be contaminated, so never drink untreated surface water.

CHOOSING A SITE

Look for level, dry ground with natural cover (grass, pine needles, or leaves) located at least 200 feet from water sources (lake, river, stream). Avoid gullies and damp areas which are colder and harbor more insects. On warm nights, an open, breezy site will have fewer bugs. Check for trees and other objects around the campsite that gusty winds could send crashing down on you. If electrical storms threaten, don't sleep near a solitary tree, as it may act as a lightning rod.



COOKING

Never operate a stove on a table where you or others are sitting! Keep the fuel bottle closed and away from a lit stove.

CLEAN UP

Before washing dishes, scrape off remaining food residue. Carry water to your site for dishwashing (don't wash under pumps, in bathrooms or in surface water). Dispose of your gray water in a service sink or toilet; if neither is available, empty it at least 100 feet away from your campsite. (Food odors from wash water can attract mice, chipmunks, raccoons and bears.) When leaving a campsite, make sure it is at least as clean as when you arrived.

SUGGESTED EQUIPMENT LIST

Modify the following list depending on your personal needs and past experiences. Keep in mind that you do not need to carry your gear, but packing like you would on a self-contained tour is great practice.

PERSONAL

- Cycling helmet, Snell, ASTM, DOT and/or CPSC approved (required on all tours)
- Cycling shorts, synthetic chamois lining (2 pair)
- Leg warmers or tights for riding (rain pants could substitute)
- Short-sleeved shirt (2 or 3)
- Light, long-sleeved shirt for sun protection and off-bike wear
- Heavier long-sleeved top
- Rain/wind gear (jacket and pants) Gore-Tex or a similar waterproof, breathable fabric recommended.
- Comfortable shorts for off-bike wear (1 pair)
- Comfortable pants for off-bike wear (1 pair)
- Underwear (2 or 3 pair)
- Socks (2 or 3 pair)
- Touring shoes, good for walking as well as riding.
- Cycling gloves
- Bathing suit (optional)
- Sandals (optional)

FOR MOUNTAIN OR SPRING/FALL TRIPS

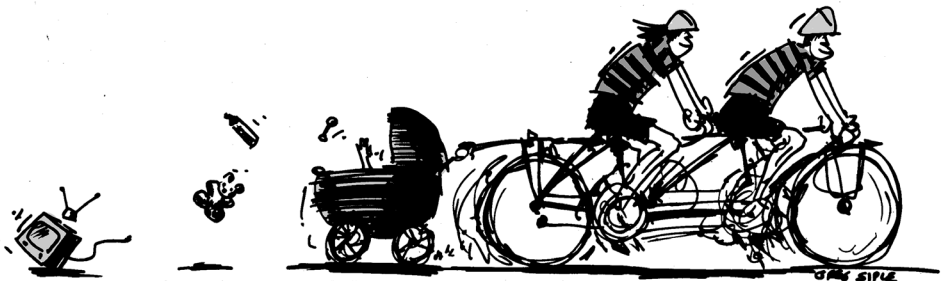
- Wool or polypropylene hat
- Wool or polypropylene mittens or gloves, over thin polypro liner gloves
- Waterproof shoe covers
- Wool or polypropylene socks

MISCELLANEOUS

- Toiletries
- Towel (lightweight to enhance quick drying)
- Pocket knife (Swiss Army type is handy)
- Lightweight lock and cable (not a U-lock)
- Two or three water bottles
- Basic First Aid Kit
- Bandannas
- Sunglasses
- Flashlight or headlamp
- Insect repellent

PERSONAL TOOLS AND SPARE PARTS

- Tire levers/patch kit
- Spare tube (and tire, depending on the trip)
- Pump
- Spare spokes
- Rearview mirror
- Allen wrenches for your bicycle
- Extra nuts and bolts (particularly for racks)
- Chain tool
- Bicycle light
- *Any tools unique to your bicycle that are not included in the Adventure Cycling tool kit (see page 18).*



SUGGESTED EQUIPMENT LIST

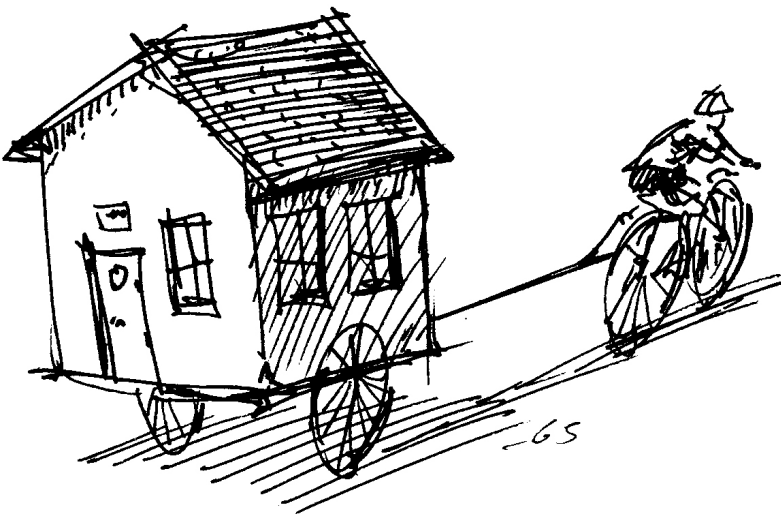
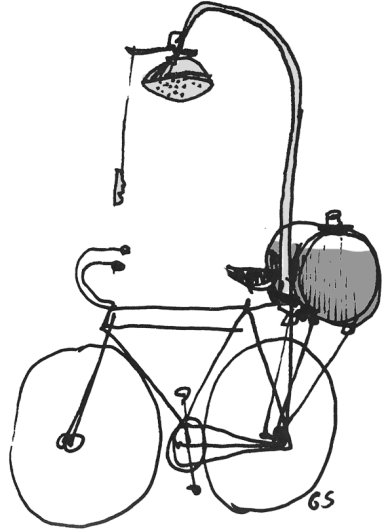
CAMPING

- **Sleeping bag** - Down-fill bags are warmer, weigh less and pack smaller, but aren't as effective in wet weather; fiber-fill bags are less expensive for comparable warmth, along with being heavier and bulkier, but will keep you warm even if wet.

- **Sleeping pad** - The closed-cell foam pads work well, but self-inflating pads are more comfortable.
- **Tent** - Lightweight and preferably free-standing with separate rain fly.
- **Ground cloth**
- **Personal eating utensils** (fork, spoon, cup, bowl)

GROUP TOOLS PROVIDED BY ADVENTURE CYCLING

- Patch kit
- Tire levers
- Chain tool
- Screwdriver
- Pedal wrench
- Spoke wrench
- Open-end wrenches (8, 9, 10 mm)
- Allen wrenches (1.5, 2, 2.5, 3, 4, 5, 6, 8 mm)
- Cone wrenches (13, 14, 15, 16, mm)
- Brake cables
- Derailleur cables
- Loctite
- Grease
- Chain lube
- Electrical tape
- Assorted plastic zip ties
- Hose clamps (assorted sizes)





Adventure Cycling Association

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BEFORE YOU GO

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Rev 9/19