

# NANTUCKET TRIP BICYCLING PACKING LIST

## **Musts:**

Bicycle

Helmet

Water bottle or camelback

Suntan lotion

Light or Bright colored T-shirt (to maximize visibility)

Comfortable shorts or padded biking shorts (not denim)

Windbreaker jacket and/or raincoat

Small backpack or fanny pack (to carry lunch, money, suntan lotion, etc.)

Bike mounted light or wearable flashlight

Appropriate Footwear (no open-toed shoes)

Snacks (will be provided)

Leader Contact Sheet w/ cell phone numbers (will be provided)

## **At least 1 person in your group should have:**

Extra tire tube

Patch kit for tube

Air pump (mounted on bike)

Pressure gauge

Chain lube (not motor oil or WD-40)

Tools (small and packable)

Napkins or paper towels (a few)

Small First Aid Kit

## **Good To Have:**

Sunglasses

Extra water

Money

Biking Gloves

Bike Lock (multiple bikes can be secured with one lock)

Gel seat

Hat