

Suggested Packing List

For Cycling

- Bike shoes
- Helmet
- Sunglasses
- Gloves (at least 2 pairs)
- 2 water bottles
- 3 pair bike shorts
- 4+ jerseys
- 4+ pair bike socks
- Arm sleeves (1-2 pairs)
- Light wind breaker and/or vest - might want a rain jacket (it is Oregon!)
- Leg warmers (optional)
- Headbands (optional)
- Masks (at least 2)
- Sports bras (women), base layers
- Sunscreen
- Lip balm
- Chamois cream
- Electrolytes (will have bars)
- Road tools¹/seat bag (3 tubes, CO₂/valve or hand pump, multi-tool, etc.)
- Headlight
- Tail light(s)
- Garmin/bike computer (recommended)²
- Route slip holder (clip or other).

¹ Bring a floor pump, tools/repair kits - plan to be self-sufficient on the road

² A Garmin type device is very useful to help with routing. **Print cue sheets if needed.**

Off-the-Bike

- Shorts/crops and t-shirts for after rides (3-5 each)
- 2-3 pair jeans or other long pants
- Casual/walking shoes, flip flops
- Undergarments
- Light jacket/sweater
- PJs
- Bathing suit (hotels have pools)
- Toiletries, medication
- Camera/phone
- Phone and Garmin chargers/cords
- Driver's license/ID and medical cards (required to carry on the ride)
- Cash/credit card(s)

Also bring a backpack or string bag, small cooler/ice chest and lawn chair

- Medium duffel or small-to-medium roller bag (24" or less)
- Backpack

Laundry available at each hotel
Bring quarters & detergent packets.