



Items to Bring on the Sojourn

Suggested items to bring:

- Bike helmet (**required**)
- Water bottle (**required**)
- Bike lock (w/ key)
- Front/rear bike lights
- Flashlight & lantern
- Sun screen and bug spray
- Rain gear
- Riding snacks
- Pillow
- Warm coat/fleece
- Money/credit card
- A sense of adventure
- Air mattress or sleeping pad/mat
- Anti-chaff cream
- Bandana/handkerchief
- Cycling gloves
- Cell phone & charger
- Camera
- Bike bell
- Camp towel
- Deck of cards
- Duct tape
- Ear plugs (campsites can be noisier than you expect)
- Frame pump and/or CO2 cartridges
- Innertubes
- Hat
- Driver's license/ID card
- Medical insurance card
- Laundry bag
- Personal first aid kit
- Pocket knife
- Rain gear
- Book/e-book
- Cycling clothing
- Regular street clothing
- Shoes & sandals (for shower)
- Extra socks
- Sunglasses
- Sunscreen lip balm
- Toiletries
- Sandwich bags (great for cell phones and wallets if it rains)
- Garbage bag (again, for gear in the rain)
- Tent
- Tarp for tent

Prohibited items:

- × Bike trailers for luggage
- × Cooking equipment
- × Trashcans (will be provided)
- × Camping chairs (may be rented from Comfy Campers)
- × Coolers
- × Hard shell luggage/trunks
- × Cots
- × Large bulky items that are difficult to move or transport
- × Pets