

BECAUSE OF THEM: US ANCIENT TRAILS: LIVING LEGENDS EQUIPMENT LIST

Luggage

- ___ (2) Waterproof Ortlieb duffels (size 28"x 15.7"x 15.7) to hold **all** trip gear (except rear rack-mounted bike trunk bag **or** hydration/daypack when traveling in vans)

Clothing

- ___ (3) Short-sleeve cotton or tech t-shirts (no tank tops permitted)
- ___ (3) Long-sleeve cotton or tech t-shirts (at least one should be moisture wicking)
- ___ Long underwear set – **light wt. (2) tops and (2) bottoms** (used as sleepwear and during rides for warmth must be moisture wicking, capilene, polypropylene, wool)
- ___ (1) Long-sleeve **mid-wt.** fleece top (heavier than the long underwear top)
- ___ (1) **Heavy-wt.** fleece or wool sweater
- ___ (2) pairs padded cycling shorts (padded mountain bike shorts permitted)
- ___ (2) pairs camp shorts
- ___ (2) pairs long pants for in camp (jeans and sweat pants ok)
- ___ (1) pair fleece mid-weight pants (thicker than long underwear)
- ___ (4) pairs wool or wicking bike socks
- ___ (2) pairs warm wool socks for night
- ___ (6) pairs underwear
- ___ (3) Undershirts or bras (optional)
- ___ (1) Sleepwear (long underwear listed above can count as sleepwear to save space)
- ___ (1) Warm outer jacket (poly-filled preferred as it dries faster, stays warmer when wet)
- ___ (1) Rain jacket (waterproof shell used during rides and in camp)
- ___ (1) Rain pants (waterproof shell used during rides and in camp)
- ___ (1) pair fleece gloves (used during rides over bike gloves and in camp)
- ___ (1) Fleece or wool hat
- ___ (1) Sun hat with brim or visor
- ___ (1) Swim suit
- ___ (1) Bandana
- ___ (1) Closed-toed cycling shoes **Required to Ride** (regular athletic shoes or specific shoes made for cycling)
- ___ (1) Hiking/camp shoes (comfortable, closed-toed for walking and in camp)
- ___ (1) Sandals or light wt. slip-ons or "Ugg"- type boots for wearing in camp (optional)

Toiletries

- ___ (1) Stuff sack/zippered pouch for storing toiletries
- ___ (1) Toothbrush
- ___ (1) Travel-size toothpaste
- ___ (1) Travel-size bar or liquid soap
- ___ (1) Travel-size shampoo/conditioner
- ___ (1) Travel-size deodorant (if needed)
- ___ (1) Small pack baby wipes
- ___ (1) Small pack body wipes (useful when rider opts out of shower)
- ___ (2) Travel tissue packets (in toilet kit and bike trunk bag)
- ___ (1) Brush (light and small)
- ___ (1) Travel towel (made of quick drying micro fabric)
- ___ (1) Large towel
- ___ (1) Large tube sunscreen (30+ SPF)
- ___ (2) Lip balm 30+ SPF (one in toilet kit, one in bike trunk bag or daypack)
- ___ (1) Small container insect repellent
- ___ Plastic zip-close freezer bag(s) to store liquid, paste, and powder toiletries to contain leaks
- ___ Sun Shower (showers are scarce on this trip!)

Shelter

- ___ Tent (3 students max per tent. Tent size can be up to a 4-person max) Must have a rain fly that covers the entire tent. (Make sure all tie down cords, poles, stakes, ground fly are labeled and packed!)
- ___ Synthetic 0-degree sleeping bag (easy to clean, warm when wet)
- ___ Insulated sleeping pad/personal compact camp mattress (helps camper stay warm and comfortable)

Camping Accessories

- ___ Eating utensil kit/mess kit **in stuff sack** (must include fork, spoon, bowl and cup)
- ___ (2) Re-useable sandwich containers (for lunch on the road)
- ___ Headlamp or small flashlight (1-2 sets of extra batteries helpful)
- ___ Sunglasses
- ___ Stuff sacks to organize gear (optional, but helpful)
- ___ (2) large trash bags (for wet/dirty clothes, shoes or other stuff)
- ___ Personal first aid kit (refer to list of **required** first aid kit items when assembling kit)
- ___ Mosquito net hat (optional)
- ___ Journal or paper and pen (optional)
- ___ Camera/film (optional)
- ___ Books – not much time for reading, but some students fit it in (optional)
- ___ Spending money (limited to \$5.00 per day. There will definitely be occasions where students will want some spending money) (optional)
- ___ Roll of quarters for when we have showers/laundry

* **NOTE:** No other electronic devices i.e. iPods, cell phones, computers, game players or other such electronic equipment are allowed on trips. (Trip Staff will notify parents in advance if this restriction will be modified to allow students to use certain electronic equipment such as GPS devices or iPods during very long van or train rides.)

Bike Gear

- ___ Mountain bike with front shocks (no hybrid bikes permitted)
- ___ High-quality bike seat (recommended, but optional)
- ___ (1) Bike helmet **Required to Ride** (no hybrid skating helmets permitted)
- ___ (1) pair bike gloves **Required to Ride** (with or without finger tip protection)
- ___ Seat post-mounted tool bag
- ___ Rear rack (no front rack or handlebar racks permitted)
- ___ Rear rack-mounted bike trunk bag
- ___ (2) Frame-mounted water bottle cages fitted with plastic bike water bottles **or** (1) backpack-styled hydration pack (bladder holding approx. 32 - 48 fluid oz.).
- ___ (1) Tire patch kit
- ___ (3) Tire irons and/or breezer (if your wheels do not have quick-release levers, you will also need a 6" adjustable crescent wrench)
- ___ (3) Spare tubes that fit **your** specific rims
- ___ (1) Manually operated tire pump to fit **your** specific tire valves (CO2 pressurized air cartridge pumps permitted for experienced riders, but must have (3) spare CO2 cartridges)

Important Tips Regarding Outdoor Gear

Trip Safety

The gear list is based on 30 years of experience taking students on wilderness adventures. Our number one concern is the safety of our students on our journeys. The required equipment and clothing on this list forms the fundamental basis of that protection from the elements.

Equipment Sources

Whit's Warehouse offers GREAT prices on equipment and clothing.

Internet Sources:

Back Country
REI
Campmor
Cabella's

Packing

- Luggage Limits- Generally, all gear (clothing, toiletries, tent, sleeping bag, sleeping pad, spare parts) must fit into two Ortlieb duffels.
- Personalize Your Duffels – Make it easy to spot your duffels by tying a unique bandana or piece of fabric to the handles. Write your name on the outside, but remember you may want to take these great duffels to college, so don't do anything decorating you may outgrow.
- Label EVERYTHING! Use Sharpie markers, metal markers, sew-on tags, finger nail polish to label duffels, stuff sacks, clothing, toiletries, all parts of your tent, sleeping bags, sleeping pads, mess kit parts, bike gear, bike tools, water bottles. If you bring it, label it. If you lose it, it may show up in "Dorkage" (SBMS Lost & Found). Unclaimed Dorkage is given away.
- Packing and Storing Sleeping Bags & Pads Pack in the smallest stuff sack possible-- compression sacks make repacking sleeping bags easier. At home, always store your sleeping bag un-stuffed or in a large, loose breathable bag so it does not lose its loft and thus its warmth. Sleeping pads should be stored unrolled or loosely folded with valves open.
- Pack Light Include just the items listed on the packing list. Clothes can be washed by hand during the trip, as needed.
- Get Organized Stuff sacks, zippered pouches, mesh cubes and Ziplock bags are great for organizing your gear within your duffel bags.
- Technical clothes are made of fast drying, moisture wicking fabrics. Examples of these recommended fabrics include capilene, polypropylene, and wool. There are now many other high tech fabrics on the market some with build-in sun protection. The key is that the fabric is comfortable, hard wearing and wicks moisture.