## PACKING LIST



Where to pack things: IN RED: On the Bike with you. (Wearing it, strapped on your bike or in your daypack.)	Toiletries, gadgets and trinketsOh my  Head lamp or Flashlight Lip balm Tooth brush & Paste
IN BLUE: In your large backpack (Which will remain in the gear truck following us)	Wash Cloth Shampoo & Soap Journal & Pencil Towel
Clothing:	Whistle on a rope
Pants 1 Rain Jacket Socks 10 (4 pairs higher than ankle for biking) Sweatshirt 2 T-shirts 3 Bathing suit Sandals or water shoes	A Watch Re-usable Water Bottle (Nalgene) 2 Face masks Bug spray Sunscreen Talcum powder Body/face wet wipes Extra money (\$50)
Shorts (Casual) Toque Underwear/Boxers 8 Warm Hat/toques 1 Baseball cap or sunhat Hiking Boots or Rain Boots Pyjamas	Sleeping:  Sleeping bag: 10C Pillow Sleeping Mat, inflatable or Blue foam Spare Fleece blanket add as liner for Sleeping bag.
Bike Clothing:	<ul><li>Take note:</li><li>We are sleeping in tents for the first 3</li></ul>
Breathable stretchy shorts 2 Breathable long sleeve shirt Technical t-shirts 2 (We are providing 2,	nights.  • Yours name should be on everything you bring!!!
but they can bring more)  Bike Helmet  Buff (2)  Bike gloves  Sun glasses  Shoes	<ul> <li>What we are supplying:</li> <li>Food</li> <li>Snacks</li> <li>Equipment</li> <li>Accommodations</li> </ul>
Bik <u>e</u> gear	
<ul><li>Bike bell</li><li>Bike water bottle or Blatter</li><li>Spare tube for your bike</li></ul>	VERY IMPORTANT:  MEDICATIONS  If your Scout requires to take medications, please
Mess Kit Plate Bowl	hand them to <b>Scouter John</b> , with a note about dosage and schedule at our meet up on Tuesday morning.
Fork, Knife & Spoon Cup Kept in a small mesh bag (Great for drying)	In case of Emergency during the weekend end call Marcs' cell: 613-878-6018
Container for sandwich	