ORIENTATION TRIP EQUIPMENT LIST
Monson Biking Trip

What to pack in: You may pack in anything that you like. A backpack is easiest to carry, but a duffel bag is perfectly acceptable. Note that you will have to carry your bag about 1/4 mile to the cabin/campsite. No wheeled luggage please! Please call us with any questions, especially about your bike or related biking gear.

Essential Gear

Clothing – avoid cotton!
- 2 t-shirts
- 1 pair of shorts
- 1 pair padded cycling shorts (optional, but nice to have)
- 1 bathing suit (can use shorts for swimming, with a sports bra for women)
- 1 pair pants or leggings
- 2 wool or fleece sweaters or 1 fleece and 1 lightweight puffy jacket
- 1 set (top & bottom) synthetic long underwear, such as polypropylene or capilene. Any types containing cotton are not acceptable. Cotton robs the body of essential heat when it is wet.
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- underwear for 4 days
- 3 pairs socks
- cycling shoes - stiff soled shoes or sturdy sneakers
- 1 pair wool or fleece gloves
- small towel
- rain gear: rain jacket & pants are ideal

Gear
- a MOUNTAIN BIKE in good working condition
- a bike helmet (the Outing Club has a few, please call to reserve)
- a small day pack or fanny pack
- sleeping bag (pack this inside a tough garbage bag inside its regular stuff sack to help ensure dryness)
- sleeping pad (closed-cell pads or Therma-Rests® please, open cell foam pads act like sponges)
- 1 of each: cup, bowl, spoon (no glass)
- 2 bike water bottles that fit into cages on your bike or a camelback hydration system
- headlamp or flashlight and extra batteries
- sunscreen
- sunglasses
- bug repellent
- a few extra garbage bags
- toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, tampons)

Optional Gear
- camera (the Outing Club loves good photos!)
- sandals, such as Tevas, for wearing in camp
- basic repair kit if you have one
- journal and pen/pencil
- reading material (a small paperback)
- pocket knife

If you need any advice about the appropriateness of your bike, or want contact information of local bike shops from which you can rent a suitable bike, please contact us at (207) 798-4268.