Geneva Across America (Pennsylvania)  
Bike Trip Clothing List

Temperatures on this trip could range from the 40’s at night to the 90’s, so packing & dressing for this trip could be challenging. Cotton is the WORST possible fabric for outdoor activities in cool environments because it acts like a sponge for water and in doing so, offers NO insulating value. Wet cotton is actually a cooling agent taking heat away from you rather than keeping you warm! Fleece, wool, and other synthetic fabrics (polypropylene, Under Armor, polyester) are necessary for this trip. Consider function rather than fashion!

**Biking Items:**
- Bike (a road/touring bike is recommended)
- Helmet
- Waterbottles - 2
- 1-2 extra tubes
- Patch kit
- Tube changing repair kit (2 tire levers)
- Bike frame pump or Co2 refill kit w/ cartridges
- Bike multi-tool
- 2 Waterbottle carrying brackets
- Bike lock
- Panniers & rack/fanny pack/handlebar bag/small backpack to carry small items while biking (A Camelback is a good option)

**Clothing:**
- Biking shirts/jerseys – 2-3
- 2 pairs of biking shorts
- 1 underarmor style shirt & pants – for cooler morning biking
- Biking shoes
- Camp shoes (1 pair)
- Biking socks (wool/smartwool/synthetic) – (4-5 pair)
- Sweatband/Bandanas – (2)
- 1-2 off-the-bike outfits
  - T-shirts
  - Shorts
  - Long pants – for cooler evenings
  - Long sleeve shirt – for cooler evenings
  - 1 Fleece or synthetic jacket
  - Camping socks
  - Sandals or shoes
- Undergarments – (4-5 pair)
- Rain pants & jacket (coated nylon, Gore-Tex, etc. - must be waterproof, not just water resistant)
- Warm hat – 100% NON-cotton

**Miscellaneous:**
- Sunscreen (30+ SPF)
- Chapstick w/ SPF
- Shower sandals/shoes
- Sunglasses
- Headlamp
- Extra batteries for headlamp & bike lights
- Pocket knife
- Toiletries (toothbrush & paste, comb, razor, deodorant, feminine products, etc)
- Non-breakable plate, cup, bowl, spoon & fork
- Sleeping bag
- Sleeping pad (Thermarest style recommended)
- Bible
- Journal
- Pens – 2
- Towel & Washcloth – quick dry preferable for days it might be packed in the trailer wet
- Wallet/ID/Insurance card
- Emergency Info

**Recommended:**
- Camera
- Wrist watch
- Camp chair
- Nail clippers
- Zipties – 3-4 for repair needs
- Butt Butter/Anti-chaffing cream (Bag Balm, Assos or Vasoline do the trick)
- Wet-ones to clean or wipe butt butter off (strongly recommended for proper feminine hygiene)
- Ziplock bags for keeping cell phone & camera dry while biking
- Rear blinking light
- Front bike light
- Camp pillow – a sleeping bag stuff sack with clothes in it can serve as this as well
- Bathing suit
- Quick dry sweat towel

**A note on packing:** We recommend packing in at least 2 different bags. You may organize your bags in a way that makes sense to you; however, here is one example. Bag #1 - the primary bag that you will need each day (containing a couple sets of biking clothes, toiletries, camp clothes & shoes, etc.) Bag #2 - you will need to access less often (containing extra bike parts, extra warm clothes, etc.)
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- Icecream money
- A ziplock bag to store a wet bathing suit
- Insect repellant
- Camelback & water bladder
- Clip in peddles with shoes
- Sheet for sleeping in warmer weather (silk sleeping bag liner works well for this & could add a few degrees of warmth on cold evenings)
- Prescriptions

Optional:
- Ipod w/ ear buds
- Hat – dryfit baseball style
- Map holder
- Map of Pennsylvania
- A book if you enjoy reading
- Postcard stamps
- Face moisturizer as the air & sun will dry face
- Bike gloves
- Bike mirror
- Spare spoke for bike & spoke change kit
- Chain breaker/adjuster tool
- GPS unit for bike
- Extra phone battery
- Interactive Road ID ([www.roadid.com](http://www.roadid.com))

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