

# Buddhist Bicycle Pilgrimage

## *Packing Checklist*

*These are comprehensive recommendations. Some items are required; otherwise, please customize the list according to your own experience. Prepare according to the weather; pack for two days. Other than what you wear/carry, your gear will be transported for you in the gear truck on both days. Please be sure to label all your bags with your name/phone number.*

### Bike Gear/Clothing

- o bike! *(Have your bike in good condition prior to the ride. Get it checked out at a local bike shop—brakes, gears, lubrication, seat, tire pressure, etc.)*
- o helmet *(required)*
- o spare tube(s) *(required)*
- o frame pump *(required)*
- o bike tool/tire levers *(required)*
- o patch kit *(required)*
- o water bottle(s) *(required)*
- o hydration backpack
- o rear light
- o fanny pack/saddle bag
- o cloth for grease
- o bike lock
- o bandana/sweat bands
- o jerseys
- o shorts
- o sports bras
- o arm/leg warmers
- o vest/jacket
- o rain gear
- o cycling gloves
- o cycling shoes
- o cycling socks

### Personal Items

- o cell phone
- o sunglasses/lens cleaner
- o ID/proof of health insurance
- o cash/credit card/ATM card
- o checkbook *(for donations at monasteries)*
- o camera
- o pen/journal

### Camping & Sleeping Gear

- o tent/fly/stakes/groundcloth
- o sleeping bag or blankets
- o air mattress/pad
- o pillow
- o flashlight/lantern/extra batteries
- o earplugs
- o alarm clock (battery-operated)
- o plate, fork, cup, bowl

### Clothing

- o shorts/pants
- o t-shirts
- o sweatshirt/jacket
- o cap/warm hat
- o sandals/camp shoes
- o socks
- o underwear/bras
- o sleepwear
- o swim suit *(there's a pool & hot tub)*
- o towel
- o "modesty attire" *(to wear at monasteries; sarong or long pants & shirt with sleeves)*

### Health & Hygiene

- o sunscreen
- o toothbrush/paste
- o shampoo/soap
- o hand-wash detergent
- o deodorant
- o razor/shaving cream
- o meds/vitamins
- o pain reliever
- o ace bandage
- o lip balm
- o anti-blister aids
- o bandages
- o sanitary protection