

**BICYCLE OUTING INFORMATION SHEET**

DESTINATION: \_\_\_\_\_ MAP: \_\_\_\_\_

LEADER(S): \_\_\_\_\_ PHONE(S): \_\_\_\_\_

MEETING PLACE: \_\_\_\_\_ DEPARTURE TIME: \_\_\_\_\_ RETURN TIME: \_\_\_\_\_

DRIVING ROUTE: \_\_\_\_\_

\_\_\_\_\_

OUTING ROUTE: \_\_\_\_\_

\_\_\_\_\_

CAMPsites/MOTELS: #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

OTHER CAMPS \_\_\_\_\_

SPECIAL \_\_\_\_\_

INSTRUCTIONS: \_\_\_\_\_

\_\_\_\_\_

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**EQUIPMENT LIST**

**CHECKS INDICATE MANDATORY EQUIPMENT FOR THIS OUTING**

**13 Essentials**

- map
- compass
- knife
- matches
- candle/firestarter
- headlamp/flashlight
- first aid kit
- whistle/mirror
- extra food
- extra clothing
- water
- sunglasses/sunscreen
- emergency shelter

**Clothing**

- helmet
- cycling gloves
- sunglasses/goggles
- cycling shorts ( )
- underwear/liners
- shirts
- socks ( ) pair
- tights/sweat pants
- cycling shoes
- walking shoes/sandals
- raingear
- civilian clothing
- jacket/parka
- thermal underwear

**Shelter**

- tent/bivouac sack
- sleeping bag
- sleeping pad

**Kitchen**

- stove/fuel/matches
- food \_\_ days
- bowl/spoon/cup
- pot/cover/pot holder
- water bottles (2)
- water filter/iodine

**Tools**

- Allen wrenches
- screwdrivers
- pliers
- Crescent wrench
- tube patch kit
- tire pump
- tire levers
- spare inner tube
- cable ties
- electrical tape
- brake cable, spare
- derailleur cable, spare
- lubricant
- spoke tool
- spare spokes
- strip of old tire
- length of bailing wire

**Attachments**

- racks (rear/front)
- panniers (rear/front)
- cages/water bottles
- lighting system
- lock

**Miscellaneous**

- fanny pack/daypack
- camera
- binoculars
- watch/alarm
- route map/description
- book
- insect repellent
- toilet tissue
- personal medicine
- toothbrush/floss/paste
- soap/shampoo/towel
- fishing tackle/license

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