

Alaska to Florida Bicycle Tour Packing List

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I have tried to list all of the items necessary for a long distance bicycle tour facing varying climate conditions. Obviously, either warmer or colder temperatures would affect the packing list accordingly. I tend to rely as much as possible on restaurants, so I do not carry as much food or cooking gear as riders who prepare their own meals. And all the high-tech gear is necessary only if you are maintaining a website as I did. I have supplied brand names to convey exactly what I carry.

This is a check list. You can add items or cross them off to suit your purposes.

1. Bicycle

Cannondale® T-700 aluminum touring bicycle (as equipped-including racks and empty panniers) **35.3 lbs:**

<u>Item</u>	<u>Choice of Brand</u>
<input type="checkbox"/> handlebar bag & bracket	Cannondale®
<input type="checkbox"/> cyclocomputers	Trek Radar® & CatEye Mity2®
<input type="checkbox"/> rearview mirror	Rhode Gear®
<input type="checkbox"/> front panniers	Cannondale®
<input type="checkbox"/> 3 water bottle cages	Specialized® expedition weight
<input type="checkbox"/> rear panniers	Cannondale®
<input type="checkbox"/> front light	Vista® with LED flashers
<input type="checkbox"/> rear light	Vista® xenon strobe
<input type="checkbox"/> _____	

2. Operating Equipment

<u>Item</u>	<u>Weight</u>	<u>Comment</u>
<input type="checkbox"/> helmet	0.4	Specialized® Sub-Six Pro® (ultra-light weight)
<input type="checkbox"/> 3 water bottles	0.3	2 Nalgene® water bottles & a

<input type="checkbox"/>			prepackaged bottle of Gatorade® as appropriate
<input type="checkbox"/>	4 cargo straps	0.0	More stable than bungee cords
<input type="checkbox"/>	1 spare tire	1.0	Continental Conti Top Touring® (700x37)
<input type="checkbox"/>	3 spare tubes	1.0	in 7,000 miles, had 4 flats
<input type="checkbox"/>	safety flag	0.3	essential safety gear
<input type="checkbox"/>	air pump	0.7	Topeak Combi Master Blaster®
<input type="checkbox"/>	headlight (15w)	2.0	NiteRider Cyclops®-with NiCad batteries
<input type="checkbox"/>	_____		
<input type="checkbox"/>	_____		

3. Bike Parts & Tools

<u>Item</u>	<u>Lbs</u>	<u>Comment</u>
<input type="checkbox"/> tool bag	1.6	pliers, pedal wrench, schrader pump adapter, crescent wrench, allen wrenches, screwdriver, pressure gauge
<input type="checkbox"/> other	1.4	chain tool, spoke wrench , 8 extra spokes, 2 extra cables, chain links (& Shimano connector), bolts/nuts, tire repair kit, electricians tape & aircraft tape, (more durable), wipes, nylon ties, chain lube (Pedro's®), electric wire (forgot), rag (skipped), dog repellent, velcro patches, insect repellent, Victorinox® Swiss Army knife, spare seat bolt
<input type="checkbox"/> Lock/cable	1.0	simple combination lock & cable
<input type="checkbox"/>		_____

4. Cooking & Food

<u>Item</u>	<u>Lbs</u>	<u>Comment</u>
<input type="checkbox"/> pan	0.3	Need 8-10" pan

<input type="checkbox"/>	wood stove	0.9	Sierra® wood stove
<input type="checkbox"/>	fuel	0.0	none
<input type="checkbox"/>	matches	0.0	waterproof (small box)
<input type="checkbox"/>	scrub sponge	0.1	
<input type="checkbox"/>	silverware	0.1	OR Lexan®
<input type="checkbox"/>	coffee	0.0	skipped
<input type="checkbox"/>	cooking oil	0.0	skipped
<input type="checkbox"/>	candy, snacks	?	PowerBars®, etc., buy as needed
<input type="checkbox"/>	food	?	buy as needed
<input type="checkbox"/>			
<input type="checkbox"/>			

5. Miscellaneous

<input type="checkbox"/>	<u>Item</u>	<u>Lbs</u>	<u>Comment</u>
<input type="checkbox"/>	first aid kit	0.6	scissors, tape, gauze, first aid cream, bandages, cough drops, antacid
<input type="checkbox"/>	wallet	0.3	credit cards, drivers license, money, 2 blank checks, emergency, info, health ins card, birth certificate & voters registration or passport,, address book, travelers checks, discount cards (AARP, AAA, AYH, etc)
<input type="checkbox"/>	glasses	0.3	Oakley sun glasses (iridium & clear lenses -- 2 pairs); prescription reading glasses
<input type="checkbox"/>	maps	0.5	used about 5 lbs of Universal and Adventure Cycling maps, but only a few at a time (mailed them home periodically after use)
<input type="checkbox"/>	plastic bags	0.3	Hefty OneZip® zip-lock bags
<input type="checkbox"/>	misc. stuff	0.4	nylon rope (25-50' 1/8 inch), safety pins, sewing kit, highlighter for maps, pen, 4 clothes pins, paperback book

<input type="checkbox"/>	medication	0.4	(optional), small notebook (optional) prescriptions and special purpose medication
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6. Clothing - Bike

<input type="checkbox"/>	<u>Item</u>	<u>Lbs</u>	<u>Comment</u>
<input type="checkbox"/>	bike shoes	?	Shimano SPD® cleated shoes
<input type="checkbox"/>	undershorts	3.0	3 pairs CoolMax® - Campmor & Patagonia
<input type="checkbox"/>	gloves	^	3 pr. gel padded touring - Trek & Pearl Izumi
<input type="checkbox"/>	socks	^	3 pr. CoolMax® - Trek, Cannondale & Pearl Izumi
<input type="checkbox"/>	jerseys	^	3 Voler
<input type="checkbox"/>	bike shorts	^	3 pair (prefer 8+ panel) Voler, Pearl Izumi or Cannondale
<input type="checkbox"/>	sweatbands	^	3-6 Trek CoolMax®
<input type="checkbox"/>	windbreaker	0.7	Voler
<input type="checkbox"/>	rain jacket	1.0	Sugoi
<input type="checkbox"/>	rain pants	0.7	Bellwether (seldom used; would skip but for cold weather)
<input type="checkbox"/>	tights	0.8	Bellwether (seldom used; would skip but for cold weather)
<input type="checkbox"/>	leg warmers	0.4	Pearl Izumi Lycra® (used often)
<input type="checkbox"/>	fleece jacket	1.0	Columbia (essential for cold weather, especially around camp)
<input type="checkbox"/>	warm gloves	0.2	Specialized full-finger (seldom used, but necessary for cold weather)
<input type="checkbox"/>	long shirt	0.9	North Face Thermal Dynamics® (light weight, but warm)
<input type="checkbox"/>	booties	?	neoprene (needed for really cold weather)

<input type="checkbox"/>	socks	0.2	Ultimax®
<input type="checkbox"/>	_____		
<input type="checkbox"/>	_____		

7. Clothing - Street

<input type="checkbox"/>	<u>Item</u>	<u>Lbs</u>	<u>Comment</u>
<input type="checkbox"/>	tee-shirt	0.4	Moonstone synthetic (dries quickly)
<input type="checkbox"/>	long shirt	0.7	synthetic (only for cold weather)
<input type="checkbox"/>	vest	0.9	LL Bean Primaloft® (synthetic down; great for cold weather; doubles as pillow)
<input type="checkbox"/>	sandals	1.0	Teva (lighter than tennies)
<input type="checkbox"/>	shorts/swim suit	0.4	Columbia Supplex® (used as swim suit, pj's, shorts & wear at laundromat)
<input type="checkbox"/>	underwear	0.2	extra CoolMax® brief & socks
<input type="checkbox"/>	handkerchief	0.1	
<input type="checkbox"/>	_____		
<input type="checkbox"/>	_____		

8. Camping Gear

<input type="checkbox"/>	<u>Item</u>	<u>Lbs</u>	<u>Comment</u>
<input type="checkbox"/>	tent	5.0	North Face Tadpole® (rainfly, ground cloth, stakes)
<input type="checkbox"/>	sleeping bag	4.2	Marmot Wizard®
<input type="checkbox"/>	compression bag	^	Granite Gear
<input type="checkbox"/>	dry bag	^	OR
<input type="checkbox"/>	sleeping pad	1.0	ThermaRest® (backpacker version)
<input type="checkbox"/>	flashlight	0.1	MagLite® AA
<input type="checkbox"/>	tent stakes	0.1	spares
<input type="checkbox"/>	_____		
<input type="checkbox"/>	_____		

9. Personal

<input type="checkbox"/>	<u>Item</u>	<u>Lbs</u>	<u>Comment</u>
<input type="checkbox"/>	shower pack	1.5	soap dish, soap, shampoo (2 oz.), tooth brush, tooth paste (1 oz.), hair brush, Vaseline® petroleum jelly (for rashes), sun screen (SPF 50), lip balm (SPF 15-30)
<input type="checkbox"/>	toilet paper	0.1	part roll
<input type="checkbox"/>	towel	0.2	Pack® synthetic
<input type="checkbox"/>	_____		
<input type="checkbox"/>	_____		

10. High Tech Gear

<input type="checkbox"/>	<u>Item</u>	<u>Lbs</u>	<u>Comment</u>
<input type="checkbox"/>	computer	7.5	Apple Macintosh® PowerBook® 5300c; with VST® MO-230 drive, power supply (now using 4.2 lb. Macintosh PowerBook® 2400c)
<input type="checkbox"/>	dry bag	0.2	OR
<input type="checkbox"/>	cellular phone	4.5	Motorola MicroTac®
<input type="checkbox"/>	tape recorder	^	Sony microcassette
<input type="checkbox"/>	digital camera	^	Casio QV-30 (now use Olympus D500L)
<input type="checkbox"/>	cables	^	for camera, modem
<input type="checkbox"/>	modem	^	Global Village Platinum Pro® PC card
<input type="checkbox"/>	MO disks	^	4 for VST MO-230 drive
<input type="checkbox"/>	extension cord	^	6' for AC & charging batteries
<input type="checkbox"/>	batteries/charger	^	12 NiCad AA & AC charger
<input type="checkbox"/>	Solar panel	2.5	KISS® (future trips)
<input type="checkbox"/>	_____		
<input type="checkbox"/>	_____		

TOTAL RECOMMENDED WEIGHT (Gear) <50 pounds
TOTAL COMBINED WEIGHT = 85.5 pounds