



# TLS PACKING LIST

## Becket-Chimney Corners YMCA

The natural tendency is to pack too much. Don't forget, YOU CARRY WHAT YOU PACK! It is helpful to bring an extra bag to camp for pre-trip and post-trip clothing. There will be a small storage space at camp for the extra bag and items you wish to leave behind. Expect typical New England weather which may include a lot of rain or sun. **Clothing may return torn and covered with mud or paint. Do not bring anything expensive that you are not willing to part with.**

### *Mandatory Equipment*

- **Well Tuned Bicycle** – See *About your Bicycle*
- **Pannier Rack**
- **Rear Pannier Bags** – At least 2000 cubic inches, recommend waterproof covers
- **Helmet**
- **Spare Tubes (2-3)** – Make sure they fit your bike
- **Water Bottles (2) and Cage**
- **Water Bottle Backpack** – Camelback or similar or an extra water bottle. You need to have the capacity to carry 3 liters of water at one time.
- **Sleeping Bag and Sleeping Pad** – Your sleeping bag should be synthetic and rated to 20-40 degrees.
- **Compression Sack for Sleeping Bag** – This will shrink the space your sleeping bag takes up. You should look for a waterproof sack so your sleeping bag will stay dry even in the rain. It may not fit inside your panniers.
- **Daypack** – Like a school backpack, it should be comfortable for hiking and be able to carry a water bottle, rain jacket and lunch but must be able to fit in your pannier bags or attach to your bike.
- **Bike Lock**
- **Sunglasses** – Eye protection is really important. Clear lenses are helpful for cloudy days.

### *Very Important Clothing*

- **Waterproof Rain jacket or Shell with a Hood (1)**
- **Pants (1-2prs.)** – Recommend Nylon wind pants, fleece or quick-dry; NO COTTON.
- **Shorts (2prs.)** – Recommend synthetic fabric, no cotton or denim – athletic style.
- **Padded Bike Shorts (2prs.)** – Should not be worn with underwear, but can be worn under mesh/athletic shorts
- **T-shirts (5)** – Really, T-shirts. No cotton. We recommend 2 synthetic bike shirts.
- **Long Sleeved Shirts (2)** – 1 should be synthetic (not cotton, fast drying)
- **Fleece or Sweater (1)** – Synthetic or wool.
- **Long Underwear** – Polypropylene / Synthetic style, top and bottom.
- **Tank Tops (1-2)** – These are back up to the T-shirts.
- **Socks (8 prs.)** – 4 or more prs. should be synthetic, non-cotton.
- **Underwear (8prs.)** – 6 prs. should be synthetic.
- **Bras (3)** – 2 sports bras and 1 regular
- **Bathing suit (1)**
- **Hat (1)** – 1 warm winter hat

- **Gloves (1-2prs.)** – 1 pair of work gloves necessary and 1 pr. Bike gloves optional

### *Footwear*

- **Sneakers (1pr.)**
- **Water shoes (1pr.)** – Keene/Chaco/Teva-style water shoes preferred for rafting, wet days and showering.

### *Miscellaneous*

- **Toiletries** – Bring enough for the whole trip.
- **Strong Sun Block – SPF 30 or higher.** Long service days leave skin exposed.
- **Pads/Tampons** – Female campers should bring them even if you think you will not need them.
- **Travel Towel (1) and Washcloth** – bring a towel that will dry quickly.
- **Camera with extra batteries** – Film or digital is fine. Either way, charging spaces may not be available.
- **Memory (at least 1 GB) or Film (8-10 rolls)**
- **Watch!!** – It is really important to be on time.
- **Travel Alarm Clock** – You may be responsible for waking up the group during the trip. If your watch has an alarm, know how to use it.
- **Flashlight or Headlamp** – Compact with extra batteries. This will be your nightlight.
- **Large Plastic Trashbags (4)** – For dirty laundry and to keep things dry.
- **Ziplock Bags** – Both small and large for packing and to protect your things.
- **Bandanas (1-2)** – Good for everything.
- **Spare Eyeglasses** – Especially for contact wearers.
- **Personal Journal & Letter writing materials**
- **First Aid Kit** – Keep it small and fill it with items you may commonly need or use.
- **Phone Card** – Pay phone calls are the easiest way for participants to communicate with their families. There is often no cell coverage in the areas they are traveling in.
- **Bug Repellent**
- **Personal ID** – To cash traveler's checks.

### *Optional*

- **Books, Games or Cards** - for long waits and plane rides. You can bring an iPod but you are responsible for it. Charging may not always be available.
- **Frisbee, hacky-sacks**
- **Anti-bacterial Hand Gel** – Lots of Outhouses!
- **Musical Instrument**
- **Songbooks and Sheet Music** – especially with guitar notations.
- **Favorite Recipe to make**
- **Stuff Sacks** – For keeping clothing organized.
- **Swiss Army Knife**