

## C & O Canal Packing list

This list covers everything you'll need for the trip, including what you'll be wearing on Monday.

Think small and light! Everything on this list will be on your bike, plus food items and group camping gear.

*NO ELECTRONICS MAY BE BROUGHT ON THE TA TRIPS – THIS INCLUDES CELL PHONES, MP3 PLAYERS, ETC.*

- Bike and helmet preferably with:
  - Wide tires for extra comfort on gravel trail
  - Rear-rack or capability to add one
  - Water bottle holder
  - Bell
  
- Comfortable closed-toed shoes for biking
- Comfortable camp shoes or sandals
- Day size backpack
- Sleeping bag in compression sack
- Sleeping pad
- 2 one-liter water bottles or 1 one-liter bottle and 1 water bladder
- Bowl and Spoon
- 1 pair of comfortable shorts for biking
- 1 pair of long pants (light material)
- 2 tee-shirts: 1 for biking and 1 for evening (non-cotton preferable)
- 1 long sleeve shirt or sweater for evening
- Rain coat and rain pants or pancho
- 5 pairs of socks
- 5 changes of underwear
- Bathing suit
- Hat with brim

- 1 Bandana
- Toiletries: Toothbrush, Toothpaste, Sunscreen, Biodegradable soap
- NC Journal and writing utensil, a book if desired.

NOTES:

- Mark your name in permanent marker on all items.
- Clothing, socks, and underwear etc. should be packed in waterproof bags such as gallon Ziploc baggies.
- **NO ELECTRONICS MAY BE BROUGHT ON TA TRIPS.**