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ITEMS

Bicycle:
Fenders
Frame pump
Cyclometer
Headlight w/batteries
Tail light w/batteries
Rear rack - IRD Jakar Stainless
Front rack - Mark's Rack
Arkel T-28 Mountain Panniers (2)
small camera bag on front
tent stuff sack and tie-downs to secure to rear rack with tent poles
Cable/lock

Tools/Spare Parts:

"Leatherman & Bit Kit (has needle nose pliers, scissors, file, saw, etc...)"
Topeak Bike MultiTool
Patch kit
2 Tubes
Rubber bands
Tie wraps
Spare bolts/nuts
Chain oil
Small tube of grease

Clothes to wear on departure:

Cycling shorts (1 pair)
Light Rei Outdoor pants
Long-sleeve smartwool baselayer shirt
mid-weight long sleeve t-shirt
Waterproof windbreaker
Socks
Helmet
Mountain Hardwear 'polarfleece' hat
Keen Shoes

Clothes to pack:

Long-sleeve merino wool medium layer shirt
Socks (2pr)
Sunglasses
Helmet cover
Seat Cover
Smartwool Long-johns

Camping Gear:

Tent: Eureka 2person
Down Sleeping bag: and compression sack
Thermarest Sleeping pad: and stuff sack
alps mountaineering 24x16 mini pillow
LED Headlamp
Plastic shopping bags
Clorox Wipes
Ziplock bags
Clothesline String - 10-15'
Plastic clothes pins

"Food, Water, and Cooking"

3 Water bottles full
Lighter and matches
Plastic folding bowl

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Titanium 1liter pot with lid/stuffsack
Titanium Spork
""Pack-Towl"" Washcloth"
- matches and lighter
- esbit stove and fuel
Clif bars (4)

First aid kit: (all)
Aspirin/ibuprofin/etc.
Band-aids
Ace bandage
Gauze
Antiseptic wipes
Adhesive tape
Bactericide
Sun screen

Toilet kit:
Tooth brush
Floss
Toothpaste
Qtips
Camp Soap
Shampoo
Deodorant
Sewing kit
Safety pins

Miscellaneous:

Wallet/credit cards
* Driver's license
* Health insurance card
* Emergency contact info
* Cash
Map and Itinerary
Cell Phone
Change for phone/vending/etc
Watch
"Journal/notebook, pen"
Canon 20d
* 50mm lens
* 17-40mm lens
* Spare battery
* handle base for low light photos
small book

