

Packing List for Eureka to S.F Bike Trip

- Clothes (layers are good) Aaron plans to pack minimally but **not** have to stop for laundry.

See his suggestions below:

- 4 short sleeved quick dry shirts
- High visibility lightweight vest
- 1-2 long sleeved quick dry shirts
- Extra underwear, socks'
- Shorts
- Long pants (convertible)
- Swimsuit
- Lightweight waterproof jacket + pants (if it rains while riding)
- Bike shoes + one extra pair of shoes (for hiking)

- Water bottles
- Toiletries
- First aid supplies (Aaron will have some)
- Medication, supplements, pain meds
- sunscreen/sunburn ointment
- bug spray/chapstick
- hat/sunglasses
- Headlamp
- Bike + bike lights (not planning to ride after dark but just in case)
- Bike lock
- Small knife
- Bowl/Spoon
- Carphone + portable charger
- Daypack or hydropack for day hike

If We Camp

- Sleeping bag + pad
- Tent - and ground cloth
- Stove + fuel

Food

We should plan to bring or buy along the way enough food for breakfast and for snacks to get us started each day and keep us going along the way in between meals. We will plan to stop at stores or restaurants for lunch and dinner.