Urban Bike Ride: Farms and Bakeries Packing List

IMPORTANT NOTES:

- Bring your lunch and a couple bars with you for the day. We will buy baked goods along the way.
- Be at school at 8:45 am for a 9:00 am departure!
- Please do not purchase new gear for this trip. If there are items you need on this list, take note and let us know in the pre-trip meeting.

PACKING LIST:

General notes:
- Plan for cold, wet, windy weather. And hope for sun!
- No cotton, except for maybe your t-shirt. Athletic, quick-dry t-shirt and layers will dry quickly and keep you warm!

Feet:
- Closed toed shoes that are warm
- Wool or polypro socks (2 pairs – one on)

Clothing, etc.:
- Long underwear base layer or leggings for biking in.
- Rain gear – top and bottom.
- Light weight shirt for biking (you will warm up no matter what the weather)
- Mid-weight fleece/insulated layer
- Warm down/synthetic coat and/or heavy fleece for breaks
- Wind breaker/Biking jacket (optional – bring if you have it)
- Warm hat (to fit under helmet)
- Gloves
- Sunglasses
- Sun block & lip protection
- Panier + rack or daypack to carry your stuff -> NWS can lend paniers + racks

Food & Water:
- Protein-rich snacks
- Lunch – something that will fill you up and does not have tons of packaging.
- Water - 1 liter or biking bottle if you have a place to store on your bike

Bike gear:
- Bike: must be in good working order! [CHECK YOUR BIKE NOW – It must be operable and safe.] If you don’t have a bike, we can give you guidance on renting one. The Experience Fund will cover all bike rental for students on financial aid.]
- Spare tube for bike – make sure you have the right size for your wheels.
- Helmet: no member of the group can ride without one.