

## Velo & Vino Julian CORPScamp Suggested Packing List

### **Personal:**

- Health Insurance and Travel / Trip Cancellation Insurance
- Street clothes: shorts, shirts, pants, jacket, etc.; laundry bag.
- Personal hygiene, including soap for cycling clothes washing if desired
- Camera
- Travel mug for the afternoon Tea Social

### **Cycling:**

- Your complete, ride-ready bike with clincher tyres 25mm wide (recommended; but 23mm are commonplace) and low gearing at least 39/27
- Lights and taillights for unexpected weather and/or early starts or schedule changes
- RoadID on your body. See [RoadID.com](http://RoadID.com)
- Seat pack, tools, at least one new, extra tyre, at least three new tubes, patch kit, pump, and extra cleats (someone breaks a cleat at every camp and event we host!), chain lube, sunscreen, and lip balm
- Heart rate monitor, bike computer, GPS, if desired
- Water bottles, including an extra and/or Camelbak
- Five days of cycling food, bars, drinks, powders, supplements, if you have specific needs
- Small bag with your name on it to stow in SAG vehicle for personal needs
- Five days of cycling clothes for any type of weather, such as rain or wind or heat:
  - Helmet, headband
  - Cycling shades
  - Shoes with extra cleat(s)
  - 5 pair shorts
  - 5 jerseys, short sleeve
  - 5 pair of socks
  - Long sleeve jersey(s)
  - Wool jersey(s)
  - Vest
  - Arm warmers
  - Leg warmers
  - Tights
  - Windbreaker
  - Rain jacket
  - Gloves and cold weather gloves
  - Base layers: wool rules!
  - Shoe covers

### **On the Bike, Must Have:**

- Cell phone (NOTE: They don't always work in this area, but they work most of the time.)
- Route slip / map
- Sunblock
- Windbreaker or vest
- Arm warmers
- Back-Up Food: Hammer Gel and/or food

### **Off The Bike, Hiking, Yoga, Etc:**

- Loose-fitting clothes for yoga
- Yoga mat (Let us know if you would like for us to purchase and bring a yoga mat on your behalf. Figure about \$25.)
- Hiking shoes and hiking clothes
- Hat
- CamelBak and/or buttpack for hiking

### **Lodging Notes:**

- Laptops: Come on, leave them at home! Make this a real vacation!