

CORPScamp Santa Monica Mountains 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

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
- 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
- Four days of cycling food, bars, drinks, powders, supplements, if you have specific needs
- Small bag(s) with your name on it to stow in SAG vehicles for personal needs
- Four 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)
 - 4 pair shorts
 - 4 jerseys, short sleeve
 - 4 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 or smart phone
- Route slip
- Map of area
- Sunblock
- Windbreaker or vest
- Arm warmers
- Back-Up Food: Hammer Gel and/or food

Off The Bike, Hanging Out, Yoga, Etc:

- Loose-fitting clothes for yoga
- Yoga mat (A large beach towel will work in a pinch, but is not ideal. Yoga classes are on grass.)
- Hat
- Swimsuit

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