

# ~~Official 2011~~ **DRAFT 2012** Packing List



Are you ready to ride? Wondering what you should pack? The revised 2011 Packing List reflects what staff and riders have learned during the first two years of Climate Summer. Of course, you may think that you will need some things that are not listed here in order to get you through the summer,

but past riders have worked with us to perfect this list, and we suggest that you follow their sage advice. **Please note: items in the “Required” section are actually required in order to participate. No exceptions.** Check out the “Gear Guide,” which starts on page three of this document for gear descriptions, tips and ideas about lower cost alternatives. Feel free to contact [Marla Marcum](#), the Director of Climate Summer, with any questions.

*Remember that video game Oregon Trail? When your wagon got stuck in the mud, you had to ditch extra weight in order continue. You will find yourself Oregon trailing your stuff this summer if you over-pack. If you are wondering whether you need something that is not on the list, you probably don't.*

– Advice from a 2010 Climate Summer rider

## **This is the un-edited 2011**

### **ClimateSummer Packing list** Required Gear

- Bicycle, with rear rack and a way to carry your stuff
- Bicycle helmet
- A bike lock (a cable lock is most versatile)
- Backpack or messenger bag (book/school pack size)
- Rain Jacket
- Sunglasses
- Camp towel
- Small, compressible sleeping bag or blanket
- Cell phone (and charger)
- Bike lights – front and rear
- Laptop and power cord (if it's a Mac and you have an adapter for projector connection, bring the adaptor)
- 2 water bottles
- Notebook
- Pens/pencils
- Eating utensil (a fork or spoon – or a combination of the two)
- A bowl or plate (one that travels well without breaking)
- Toiletries/personal care items (go as limited as you can; deodorant appreciated!)
- Sunscreen

**Final lists for each program will be available by March 1st**

### Required Documents/Information

- Photo ID
- Health Insurance Card
- If you wear glasses or contacts, bring a copy of your prescription (just in case)
- Health Form, Liability Waiver, Gear Form, and Emergency Contact Form (these are included in the Welcome Packet and should be returned to Climate Summer via mail or pdf before the program begins)

### Required Clothing

- 2 comfortable shirts (tanks are ok; we will give you 1-2 short sleeve t-shirts to ride in)
- 1-2 pairs of non-spandex shorts or capris (**do NOT bring** anything shorter than 3 inch inseam)
- 1 nice outfit (appropriate for summer business meeting/house of worship/meeting government officials; no jacket needed; bare shoulders are **NOT** appropriate for this outfit; shorts/skirts should be close to knee-length or longer; no denim for this outfit)
- 1 sweatshirt or sweater
- 2 pairs of shoes (best choice: 1 pair of sneakers or other closed toe active shoes and 1 pair of nice sandals or other casual shoes that can be worn w/your nice outfit and for walking/riding)
- 7 pairs of underwear
- 3-5 pairs of socks (one WARM pair is a good idea)
- One set of clothes to sleep in (we recommend lightweight long pants)

### Recommended Gear and Clothing

(if you already own it, bring it)

- Flash Drive (USB)
- Portable battery charger for AA/AAA batteries – to keep bike lights running (let us know if you have one on the Gear Form)
- 1 set of lightweight long underwear or similar items – top and bottom (for layering... it WILL be cold sometimes in New England in the Summer. If you chill easily, consider bringing two sets.)
- 1 pair of biking shorts
- A sleeping pad (you'll be sleeping on lots of floors)
- Riding gloves
- Hands-free device for your cell phone
- Digital camera, digital video camera, and/or a cell phone that takes HD video
- Jeans (TOTALLY optional)
- Camp pillow (or a small stuff sack that you can fill with clothes to use as a pillow)
- Fenders (on your bike)
- Spare bike tubes (if you have a strange size of tires or Presta valves... our bike pumps will work with Presta, but we won't have spare tubes)
- Dry bag (to keep your stuff dry... we'll be giving you some trash bags for this purpose, too... your electronics can ride in the trailers, which are watertight)
- iPod or other music player/headphones
- Small speaker to amplify sound from your computer or music player (for parties and presentations)
- Travel guitar or other portable musical instrument
- Frisbee

# Gear Guide

**A rear rack** helps you to carry extra stuff on your bike. We require that you have one. You can get a good one for as little as \$15 (maybe less on sale). Here's what they look like:



**A pannier** is a basket, bag, box, or similar container, carried in pairs either slung over the back of a beast of burden, or attached to a bicycle or motorcycle. The term derives from the Old French, from Classical Latin, word for *bread basket*. (This is the *Oxford English Dictionary* definition.) Panniers make it easier to carry your stuff on your bike. It's nice to balance the load, so two are better than one (and two bags allow you to carry more stuff). There's Margaret (on the left) with her panniers, and a team trailer.

Here's a picture (right) of Caroline's bike with her panniers hanging off the rear rack and her sleeping bag and sleeping pad strapped to the top of the rack. (Notice, it was her turn to pull one of the team trailers. She strapped her backpack *and her travel guitar* to the top of the bin on the trailer while she was pulling it. There may be a few teammates' laptops and cameras in her trailer, but everyone else on the team is still carrying their own belongings on their bikes.).



Here's what some other pannier styles look like:



**But, you don't have to buy expensive/new gear!**

Click [here](#) for a description of an easy DIY low-cost alternative to panniers (courtesy of Mother Earth News). Here's a preview:



In 2010, Bliss found a milk crate, strapped it to her rear rack, and hung some bags off the side. Eric rode with just a backpack, a milk crate, and some bungee cords.

**A camp towel** (or pack towel) is perfect for traveling light because it absorbs several times more water than regular bath towels, is easy to wring out, dries fast, and folds up small. Many come with a hanging loop (for hanging it up to dry out). You can also wear it like a cape or a sarong, and it makes a good picnic blanket (if you get a big one). It's made of microfiber, so you could also just get a piece of microfiber that's the size you want.

[This ultralight bike touring enthusiast](#) notes:

*I usually have one wrapped around my handlebars in the summer months to wipe the sweat from my face or if I become overheated I'll dip it in one of our many cool mountain streams and wrap it around my neck. For bathing out on the road, I carry a small kitchen sponge, a mild biodegradable liquid soap (that I can also rinse my clothes with) and my camp towel.*



A quick online search for both “camp towel” and “pack towel” suggests that a wide variety of choices are available and range in price from \$2 to \$30.

**A sleeping bag** is an absolutely essential piece of gear for Climate Summer riders. Early June at our training site is COLD at night, and we're staying in unheated cabins (it's a summer camp). Everyone will have a bed, but we have to bring our own bedding. In addition, each team will be traveling to places that regularly get quite chilly at night in the summer (mountains and coastal areas). In 2009, the whole summer was rainy and chilly. In 2010, the summer was HOT and dry.



The common theme for both years was chilly times during training and chilly nights in the mountains and on the coast (every team will have significant exposure to one or both of these areas). A fleece bag (above) may be enough for

some people. If you already have a lightweight fleece bag, you might think about bringing that plus a packable blanket. But a packable summer-weight sleeping bag is probably best. I found the two-tone blue one above (rated to 40°, which is our recommendation) for \$38 online using these search terms: summer sleeping bag.

**Lights** are required safety gear on your bike, and you will be required to use them when riding in the dark or during bad weather. You may choose to use them at all times for added visibility. There are many types of lights from which to choose. You can find a pair of lights (one headlight and one taillight, both are required) for as little as \$30.



Headlights (front illumination) should cast white light and can offer a fixed beam or ability to switch between a fixed beam and flashing light.



Taillights (rear illumination) should cast red light and should include a flashing option.



If your lights use batteries, plan to pack at least twice as many rechargeable batteries (Ni-Mh) as you need to run both lights at once. If you have a portable battery charger that works for both AA and AAA batteries, please plan to bring it. We will make sure that each team has at least one charger.

## BEFORE YOU TRAVEL TO THE CLIMATE SUMMER TRAINING

It is a very good idea to pack up all of your stuff into the bags, baskets, etc. that you are planning to use for the summer. You should be able to carry everything (including your electronics) on your bike.

### When you test your ability to ride with all your stuff:

- 🚲 Your sleeping pad/sleeping bag can be strapped to the top of your rack/bags,
- 🚲 You can wear a backpack/messenger bag if you choose (leave it half empty for the test)
- 🚲 Your helmet will be on your head, one pair of shoes and one change of clothes will be on your body, and you can wear your sunglasses
- 🚲 Your bike lights (and fenders if you have them) should be attached to your bike
- 🚲 One (or both) water bottle(s) can be in a cage on your bike
- 🚲 Your bike lock can be attached to your bike or packed in a bag
- 🚲 Otherwise, EVERYTHING should fit into the bags (or other items) you are strapping to your bike and carrying on your back
- 🚲 Your electronics can ride in one of your team's 2 trailers during the summer, but you should be able to transport them on your own (make sure you've packed them for your test ride). The only exception to this rule is a travel-size guitar (which needs a waterproof case). If you bring one, it can always be strapped to the top of a trailer because it becomes part of the team's gear for the summer (since all will enjoy it).
- 🚲 Ride around. If riding with this much gear is new to you, try to do your test ride in a low traffic area. Remember: when you get off your bike, it will fall over pretty easily with all that stuff attached to it.
- 🚲 If you are tempted to add more stuff to your load at this point, remember that for approximately 1/3 of the miles you ride this summer, you'll be pulling a trailer filled with the team's gear/food/electronics. This trailer will weigh 40-80 pounds.
- 🚲 DON'T PANIC! The load might feel heavy today, but keep in mind that in the first two years of Climate Summer, none of the participants were avid bikers before they entered the program. You do not have to train in advance, but the more you ride now, the easier it will be to get started this summer. The best way to increase your endurance on a bike is to ride a little every day (3-5 miles). This approach is much more effective than taking periodic long rides.
- 🚲 Other tips: Let your gears help you do the work. Slow and steady wins the race! There is no shame in walking up a hill – nearly all of you will do so at least once this summer. Pay attention to your body. Warm up and cool down. When the terrain is rough, Caroline and Eric, and Tali recommend frequent “laughing breaks.”

**If you have questions about anything on the packing list (whether it is described in the Gear Guide or not), contact [marla@betterfutureproject.org](mailto:marla@betterfutureproject.org).**