



## **Bike & Bend: Bike Packing Tour**

guided | fun | adventurous

*a unique cultural and active way to visit new places*

### **Packing List**

Use this packing list as a guideline to make sure you bring just what you need for on and off the bike. We want you to be prepared for your trip.

Keep in mind that you have to carry everything on your bicycle. OnaVelo will provide you with pannier bags before your trip departure or once you get to our starting point. You can pack your personal gear directly into the pannier bags for travel or pack in a duffle bag and repack your bags once you get to our starting point.

There is no support vehicle on this trip.

### **Weather conditions:**

We are hoping for sunshine and warmth but this is Alberta. You have to be prepared for the possibility of four seasons on any given day - with hopefully none of them being very extreme. The day-time temperatures on average in late June are around 15°C. and but could be as cool as 5°C in the early morning or evenings.

### **Other Considerations:**

Washing and drying your biking or yoga clothes on this trip is not that convenient or practical. The trip is only two days, so it would be easier to bring a change of clothes for day two or be okay with wearing the same clothes the second day.

If you are uncertain whether or not to bring something contact us for clarification.

### **Tips for Packing:**

**Staying Warm and Keeping Cool:** We recommend layering as the best way to stay warm and keep cool. Though we cannot guarantee perfect weather, we can guarantee that the sun may not always shine. To keep you protected from the elements and feeling cool on a warm day, always carry rain gear and start with a breathable synthetic shirt to layer under a vest, windbreaker, or fleece jacket. Avoid cotton fabrics while exercising—the absorbent qualities prevent wicking and insulate poorly when wet.

**Biking and Yoga Clothing:** To ensure your comfort, it is important to wear the appropriate clothing. Padded shorts or cycling specific shorts are recommended to help prevent chafing and soreness after a day in the saddle. As well, we encourage you to wear a cycling jersey or a breathable synthetic shirt. This will help wick moisture away from your skin and prevent you from becoming chilled or overheated.

Many people wonder if they should bring things like cycling gloves and cycling shoes. Gloves provide much-needed padding for your hands and will prevent them from getting sore and tired as the day goes on. Cycling shoes that come with cleats and special pedals should only be used if you have been riding with them on a regular basis and are comfortable using them on long riding days. We encourage you to take the time to learn how to ride with them before using them on your trip.

**Evening Clothing:** The evening activities on this trip will be casual.

## Packing List

- ID, credit card and money for ice cream, snacks, and drinks in Bragg Creek

### Suggested clothing and gear packing list

- Toiletries: Toothbrush, toothpaste, deodorant, contact solution, etc...
- Sunscreen and lip balm
- 2 Underwear
- 2 T-shirts or cycling jersey: quick dry, lightweight material
- 1 long sleeve shirt/sweatshirt or layer that you would be comfortable wearing on the ride or in the evening
- Lightweight or packable jacket: check the forecast for the weekend to determine the appropriate warmth you will require.
- Long pants: lightweight, quick dry type pants that you can wear while cycling or for warmth
- 1 or 2 short pants: biking shorts or whatever you are comfortable cycling in
- 2 pair socks
- Rain jacket: lightweight
- Rain pants: lightweight pants that you can cycle in
- Pajamas or something comfortable to sleep in. Please note: The sleeping arrangements are in bedrooms with multiple beds. We are sharing the space with others in the group
- Shoes/sandals: something to wear when you are not cycling
- Sunglasses: good to have eye protection while cycling
- Phone/Charger

### Bike and Yoga Specific Items

- Bike shoes: sturdy pair of closed-toe shoe for cycling. If you are bringing clipless pedals be sure to bring your own cycling shoes.
- Cycling helmet
- Personal water bottles for the bike (2 water bottle cages per bike)
- Gloves and toque: check the forecast for the weekend to determine the appropriate warmth you will require.
- Yoga mat

### *OPTIONAL BIKE SPECIFIC ITEMS*

- Your own bike
- Your own saddle/seat (only bring the seat, not the seat post)
- Your own pedals

### Other items you might consider bringing

- Book/journal
- Camera
- Battery charger
- Bandana
- Sun hat or visor
- Waterproof Document Case

### Gear provided by OnaVelo

- Bicycle
- Panniers for carrying your personal items while on the bike trip
- Other necessary tools and equipment for bicycle maintenance