

Packing lists and what to bring when coming to Central Oregon.

Note: for camping tours you can leave extra bags & clothing not needed on tour in our office. Please try to limit your on-tour luggage to one or two smaller duffel bags.

Clothes for riding:

- Padded bike shorts. There will be opportunities to wash clothing if you do not want to bring a fresh pair for each day, but to ensure you have a dry pair for each day, we recommend bringing enough.
- Summer weight sport tops, cycling jerseys or light tech shirts for riding.
- Long cycling pants, leggings or tights. One pair should be enough.
- One or two heavier or long sleeve tops for cooler riding.
- Rain jacket. It rarely rains on our tours, but be prepared anyway.
- Cycling gloves. A pair for summer weather and a warmer pair.
- Cycling socks.
- Cycling shoes. **If you are using clipless pedals, bring your shoes & cleats.** If you are using toe straps or flat pedals, light hikers or running shoes are best.
- Any other clothing or accessories you normally use for riding.

Supplies for riding

- Camel back/water pack. We supply water bottles, but if you have own pack, you can carry extra clothing, a camera and of course, extra water.
- Sunglasses are mandatory for shade and protection when the trails get dusty. Low light lenses are recommended if you can choose.
- Any tools or tubes you usually ride with, guides are prepared to assist with mechanical problems but bringing your own tools can be helpful.
- Powerbars, energy gel or other favorite on-trail food. We will supply snacks, but is always good to have 1-2 bars with you per day just in case.
- Don't forget a helmet, unless you plan to rent one from us.

Clothes & Supplies for after riding:

Camping:

Our campgrounds will have vault toilets & drinking water available. Cog Wild will supply camping chairs. The lakes we camp at are also excellent places to fish for Rainbow or Brook trout and you are invited to fish if you have a current Oregon fishing license. Camping is casual, so bring your favorite around camp clothing including:

- Comfortable camp shoes. A pair of sandals and a pair of tennis shoes are normally all you need.
- A few short or long sleeve cotton t-shirts or other light tops.
- A warm sweater, hoody or fleece.
- Swim suit.
- A jacket, since the weather can get cold at night.
- Pajamas or clothes to sleep in.
- Underwear & socks.
- Toiletries. The typical including toothpaste, deodorant, shampoo, etc.
- Sun block. 30 SPF is perfect.
- A beanie and thin gloves. You probably will never use them, but they are small and good to have.
- Sleeping bag. Anything around a 30° degree bag will work perfectly.

- Sleeping pad.
- Towel.
- Pillow – camping or regular size.
- Tent.
- Headlamp.
- Mosquito spray.
- A favorite book, journal or game.
- Fishing gear, if you plan to fish.

Hotel:

If you are staying at the Phoenix Inn, please note that the hotel offers an indoor pool, hot tub, fitness center, complimentary high speed wireless internet access, laundry facilities, free parking and fresh hot cookies nightly. You are also walking distance from the Deschutes River and many shops (no Oregon sales tax) & restaurants. Bend has a casual, mountain town atmosphere so casual clothing is appropriate for dinner and around town activities.

- A few short or long sleeve shirts.
- A few pairs of shorts or pants, or skirts.
- Casual shoes like sandals and a pair of tennis shoes or other closed toe shoes great for walking.
- A light jacket or sweater.
- Swim suit.
- Toiletries. The typical including toothpaste, deodorant, shampoo, etc.
- Underwear & socks.
- Sun block. 30 SPF is perfect.
- A favorite book, journal or game.