Overnight Gear	Plan	Pack
Sleeping Bags		
Sleeping Pads		
Tent, Poles & Tarp		
Pillow		
Flash Light/Lantern		

Emergency Gear	Plan	Pack
compass/maps		
emergency blanket		
spare batteries		
swiss army knife		
waterproof matches		

Food and Snacks	Plan	Pack
cliff bars / lara bars		
sahale almonds		
sahale cashews		
gu / shot blocks		
chocolate		
peanut butter		
jelly beans		
beef jerky		
coffee / hot chocolate		
Breakfast, lunch, and dinner can be picked up at quick marts along the path. don't forget to stop!		

Miscellaneous	Plan	Pack
phone charger		
ear plugs		
sun glasses		

First Aid	Plan	Pack
band-aids		
anti-itch cream		
gause and med tape		
asprin/motrin		
tums		
tweezers		
cough drops		
eye drops		
moleskin		
q-tips		
snake bite kit		
anti-gas pills		
sun block		
wet wipes		
antihistimine		
safety pins		

Clothing	Plan	Pack
socks and underwear		
spare/confy shoes		
layer 1 pants/shirts		
layer 2 pants/shirts		
pancho/raincoat		
waterproof pants		
protective hat		
gloves/mittens		
shorts		
handkerchiefs		
sun glasses		
pjs or long johns		
down/heavy jacket		
day/fanny pack		

Cooking	Plan	Pack
cook set		
spoon/fork		
pot holder		
gas stove		
gas cartridges		
garbage bags		
ziplock bags		
pot scrubber		
dish towel		
spices		
coffee press		

Health / Hygiene	Plan	Pack
water filter/pack		
toothbrush / paste / floss		
deoderant		
shampoo		
camp suds		
pack towels		
hand lotion		
toilet paper		
bug juice		
lip balm		
brush / comb		

Entertainment	Plan	Pack
deck of cards		
pad and pencil		
books		
binoculars		
camera		
money and id		

Bike Gear	Plan	Pack
helmet		
bike gloves (long/short)		
water bottles		
tail light		
head light		
odometer		
bell		
bungie cords		
gps or smart phone		

Bike Repair	Plan	Pack
spare tires		
wrench and tool kit		
tire levers		
patch kit		
tire pump		

Optional to quick mart	Plan	Pack
breakfast day 1		
dinner day 1		
breakfast day 2		
dinner day 2		
breakfast day 3		
dinner day 3		
breakfast day 4		
dinner day 4		