

## RECOMMENDED EQUIPMENT FOR POWER TREK CYCLISTS



### **Personal Equipment & Clothing** *(each cyclist should have these items)*

A seat bag or handlebar bag, fanny pack or small day pack will help you carry your gear.

1. **Bicycle** – properly fitted and in good repair. Mountain bikes and hybrids are recommended over road bikes since over half the route is on the Paulinskill Valley Trail. Have your bike tuned up at the bike shop before the ride!
2. **Cycling Helmet** - ASTM/CSPC certified, properly fitted. BSA requires ALL cyclists to wear helmets.
3. **Eyewear** – lightweight sunglasses or safety glasses protect your eyes from bugs and other debris.
4. **Cycling gloves** – padded cycling specific gloves help reduce vibration and fatigue.
5. **Proper clothing** – cycling shorts & jersey or synthetic t-shirt are recommended. Cotton clothing is strongly discouraged. Tights and long-sleeve jerseys may be appropriate for cooler weather. Dress in layers if it's cool so you can adjust your clothing layers to prevent getting overheated or being too cold.
6. **Lightweight rain jacket** – we ride rain or shine, so be prepared! Ponchos don't work on a bike. *Make sure the jacket is not so long that it may get caught in the bike.*
7. **Water bottles and/or hydration bladder** – A minimum of 2 water bottles is recommended. Hydration backpacks, such as a Camelbak, will also meet this need. Water will be available at rest stops along the route.
8. **Snacks** – dried fruit, trail mix, energy bars, small sandwiches, or anything else you can carry easily and eat along the way.
9. **Spare tire tube** – make sure you carry at least one spare tube of the correct size for your bike.
10. **Cue sheet and map** – directions and route maps will be provided prior to departure from KMSR.

### **Crew Equipment** *(each crew should carry this equipment on the ride)*

1. **Bicycle repair kit** – tire patch kit, pump or CO<sub>2</sub> inflator & cartridges (suitable for the types of tires used by your crew), cycling multi-tool (hex wrenches, screwdriver, etc.), tire levers, duct tape or electrical tape).
2. **First aid kit** – a small hiker type of first aid kit that includes (at minimum) adhesive bandages, gauze pads, roller bandages, cleaning wipes, antibiotic ointment and tape.
3. **Cell phone** - fully-charged for emergency use. Emergency contact information will be provided prior to departure from KMSR.

Additional information on packing for a ride, bicycle maintenance, and cycling tips can be found on the web at

<http://www.bsatroop194.org/Merit%20Badges/Cycling/CYCLING%20MERIT%20BADGE>.

