

Packing List

Biking Gear		
	mountain bike	
	helmet	
	Camelback	
	Bike Shoes	
	sunscreen, and sunglasses	
	route map	
	2 spare inner tubes	
	tire pump, tire irons, and patch kit	
	bike repair tools - White Lightning - Chain Cleaner - Tool Box	
	Bike Stand	
	riding gloves	
	riding shorts	
	Riding Shirts, long and short sleeves	
	Wind Breaker	
	riding tights or long underwear	
	sweater and gloves	
	rain gear	
	Bike Lights	
Cabin Gear		
	Salad Bowl	Beth
	Salad Servers	Beth
	Camera - Beth	Beth
	Tripod - Beth	Beth
	Motorola Walkie Talkies - FSR	Mike
	Sunscreen	Beth
	Camera Battery Charger	Both
	Camera Cable	Both
	Flashlight	Both
	AA Batteries	Both
	First Aid Kit	Both
	Pillow	Both
	Chairs	Both
	Ear Plugs	Both
	Coffee Grinder	Mike
	Coffee Beans	Mike
	BBQ Tongs	Mike
	BBQ Fork	Mike
	Greg's Video Adapter	Mike
	Mike's Laptop	Mike
	Camera - Mike	Mike
	GPS,	Mike
	Find Store Discount Card	Mike
	Ice Chest	Mike
	The Good Book	Mike
	Playing Cards	

	Zantac	
	Ibuprofen	
	Books	
Hiking & other Gear		
	Hiking Shoes	
	Bathing Suits	
	Sun Hats	
	Binoculars	
	Day Pack	
	Sandals	
In the Truck		
	Sleeping Bag and Pad	
	Tunes	
	Maps	

Moab Shopping List

Trader Joes		Who	
	Trail Mix		
	Power Bars - 8	Both	
REI			
	White Lightning		
	3 Inner Tubes 26x1.9-2.1		
	Tire Irons		
Costco			
	Wine		
	Fat Tire Ale		
	Pita Chips		
	Toll House Cookies		
From Home			
	Grape Nuts	Beth	
	Toaster	Beth	
	Picnic Pack	Beth	
	Coffee Mugs	Both	
	Sugar Packets	Both	
	Coffee Beans	Mike	
	Paper Towels	Mike	
	Goo	Mike	
	Zip Locks - Sandwich Size	Mike	
	BBQ Spices	Mike	
	Sharp Knife	Mike	
	Cereal Bowls	Mike	
	Table Cloth	Mike	
	Camping Plates	Mike	
	Silver Ware - Camping Box	Mike	
	Salt and Pepper	Mike	
Moab Shopping			
	Frozen Blueberries		
	Milk		
	Ice		
	Gatorade		
	Salsa		
	Tortilla Chips		
	Fruit		
	Bananas		
	Cereal		
	Big Zip Locks		
	Cheese		
	Salami		
	Diet Pepsi		
	7-up		
	Ritz Crackers		
	Cheese Balls		

Meal Plan

Breakfast	
	Raisin Bran or Equivalent
	Grape Nuts
	Bananas
	Toast
	Butter
	Jam
	Peanut Butter
Lunch	
	Trail Mix
	Cheese
	Salami
	Ritz Crackers
	Oranges
	Apples
Dinners	
	Eat on Local Economy
	BBQ Dinner at Cabins one night