Cornell Outdoor Education  
Equipment List  
Bike Touring

This clothing list is intentionally specific because we want you to be safe and enjoy the out of doors. Comfort is a must when learning about the outdoor environment! Our biking courses will frequently have different weather than the Cornell campus. Expect it to be cooler.

It is better to dress with layers so that you can regulate your temperature based on your activity level and changes in weather. We strongly recommend wool or polypropylene because these materials retain their insulated qualities when damp whereas cotton does not. Dressing according to this concept will increase the quality and enjoyment of your outdoor experience.

*Items available for rent as part of the course fee  
** Items available for rent for an additional fee  
# Optional items

**Upper Body**

- 1-2 t-shirts or bike jerseys
- 1 long underwear top
- 1-2 insulating layers (fleece, wool sweater, synthetic insulated jacket)
- 1 raincoat or shell (must be waterproof)

**Lower Body**

- 1 pair biking shorts (padded preferred)
- 1 pair insulated pants (bike or running tights. Must be tapered)
- 1 lower body shell
- 1 pair non-cotton pants for camp
- underwear as needed

**Head and Hands**

- 1 warm hat (fleece or wool, should fit under your helmet)
- 1 pair cycling gloves or other synthetic gloves with grip (can be full or partial fingered)
- 1 pair warm gloves or mittens for camp
- #1 neck gaitor, scarf or balaclava

**Feet**

- 2 pairs socks (synthetic or wool)
- biking shoes or firm-soled athletic shoes
- camp shoes (lightweight, must be closed-toe)
- #flip flops for shower
Bike Gear

- **1 touring bike in good repair, fitted to you**
- *helmet*
- * rear rack fit to your bike with panniers*
- *2 panniers*
- sunglasses
- small day pack or hydration pack
- 2 liters of water carrying capacity (COE bikes have water bottle cages)
- #pocket knife
- #multi-tool
- #pump
- #tire patch kit
- #snacks (energy bars, nuts, etc.)
- #bike lock
- #bike pedals if you have bike shoes
- #spare tube if you have your own bike

Personal Gear

- **sleeping pad (thermarest or closed cell ensolite pad)**
- **sleeping bag/stuff sack (rated to 20 degrees Fahrenheit)**
- **headlamp**
- cup
- bowl (Tupperware with lid is optimal)
- spoon
- chapstick
- sunscreen
- toothbrush and toothpaste (small travel size recommended)
- tampons/pads (bring Ziploc® bags to carry out)
- contacts, solution, glasses
- Prescription medication (let instructors know)
- #camera
- #small soap and towel
- #bug spray
- #cash for snacks