



Cornell **CAU** Education Vacations

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Bicycling the Byways Equipment List

- *Bike. If you are bringing your own bike, please also bring a spare tube for your wheel size.
- *Bike helmet
- 2 t-shirts. At least one should not be cotton, since cotton does not insulate when wet. But one can be beneficial on a hot day. Bike jerseys are fine, but not necessary.
- 2 pairs of shorts. Padded bike shorts are not necessary, but highly recommended, especially for multiple days of riding in a row. Two different pairs can help alleviate sore spots.
- 1 light weight, non-cotton, long sleeved shirt.
- Rain jacket. We will ride in light rain or may get caught in a shower away from campus. In the event of severe weather, we have alternate plans.
- Sunglasses
- Sunscreen
- 2 bike water bottles or a hydration pack. Rental bikes have water bottle cages.
- A small backpack, hydration pack with additional storage or a rack* on your bike with panniers*. We'll be out for the day for longer than a typical fitness ride. We'll carry some food and water and you'll want a place to tuck extra layers
- Bike shoes with matching pedals OR regular athletic shoes. Rental bikes have flat pedals.
- # Long athletic pants or tights. For potentially cooler weather. Avoid baggy pants; they get caught in your chain-rings.
- # Bike gloves with or without full fingers. Will help keep your hands warm and will also absorb some shock from the road.

*Available from Cornell Outdoor Education

Optional