



## Four Corners Guides Gear Guest Checklist (Bikepacking)

### Sleep Kit

We recommend you bring your own sleep kit, but ultralight Big Agnes tents, sleeping bags and pads can be rented from Four Corners Guides.

1. Sleeping bag (20 to 32 degree bag for October. Go warmer if you run cold.)
2. Sleeping pad
3. Lightweight tent
4. Ground cloth
5. Optional: bivy sack or tarp (we do not rent these)

### Personal Items

1. Due to strict rules on food handling, we are not able to prepare fresh meals in the field. We do supply dehydrated breakfasts and dinners, in addition to electrolyte drinks, coffee/tea, and snacks. Plus, we supply snacks and lunch (apples, cheese, bread, olives, pickles, etc). If you have special snacks you prefer, extra chocolate, or other food items that you want, please bring them along. We will stop by one of the local stores so you can purchase these extras or sandwiches, if you want fresh lunches. *Please note that if we go out to dinner or any meal at any time, Four Corners Guides is not responsible for paying for your personal meal. Those meals are not included in the price of the tours/courses.*
2. Personal first aid or small first aid kit. We will bring one large first aid kit per four people, but please bring your own personal extras, such as additional Ibuprofen, your prescriptions, extra moleskin, etc.
3. Toiletries. Please do not bring excessive toiletries. Bring a toothbrush, small tube of toothpaste, small tin of salve, half roll of toilet paper.
4. Sunscreen
5. Warm hat
6. Ball cap or sun hat
7. Head lamp
8. Backpack that suits the length of the trip (i.e. a two-day trip requires a small backpack, etc)

### Clothing

1. Light puffy with a hood (or heavier puffy if you run cold or are doing a trip early/late in the season)

2. Light long sleeve synthetic or wool shirt
3. Synthetic or wool T-shirt
4. Riding shirt or jersey
5. Gortex and/or otherwise sufficiently waterproof rain jacket and rain pants
6. Light synthetic or wool pants
7. Chamois (padded bike shorts)
8. Synthetic or wool underwear
9. Synthetic or wool socks
10. Shorts
11. Appropriate shoes for rough terrain
12. Riding gloves
13. Warm gloves if you're doing late/early season trip

### **Stove & Cook Kit**

1. Bring a functional stove with appropriate fuel
2. Spoon, fork, bowl, mug, handkerchief
3. Optional: knife

### **Bike gear**

If you don't want to fly with this gear or you don't own this gear, you may rent it:

1. Helmet
2. Handlebar harness, roll or bag of some sort
3. Frame bag
4. Seat bag, or panniers if using a rack
5. Optional: gas tank

### **Tools**

You must have your own:

1. Pump
2. Multi tool
3. One appropriate sized tube
4. One appropriate sized quicklink for chain repair

### **Bicycles**

FCG does not provide bike rentals. You must have a well-maintained, functional bike appropriate for the trip you have signed up for. If you are unsure which type of bike you should bring or rent, please email Steve at [republicofdoom@gmail.com](mailto:republicofdoom@gmail.com). FCG is not responsible for maintaining or fixing unmaintained or previously-damaged bikes, though we can do limited repairs in the field if necessary. If you decide to rent a bicycle, we will take care of picking it up and dropping it off and will bill you separately for that. We do offer rental bike bags and camping gear..

- Guests doing trips in Colorado may rent bikes through Kokopelli Bike & Board:  
<https://www.kokopellibike.com/>
- Guests doing trips in Utah may rent their bikes through Roam Industry:

<http://www.roamutah.com/>

- FCG will pick up and drop off your bike.