

## ***Equipment and Provisions for Big Bend Ranch State Park Epic Ride***

Planning for a two-day ride in the desert environment of Big Bend Ranch State Park requires some thought. Here is what I took December 13-14, 2014, or should have...

Equipment:	Specialized Pro Comp 29" FSR mountain bike (2010) Specialized Airlock inner tubes or Slime tubes Headlight (just in case) Cateye bike computer Tire pump MTB tool kit with tire levers Tube repair kit Speed link (for chain repair) Cleat screws (2-4) Extra inner tube Duct tape (small amount like backpackers carry) Cable ties (a few) Small Swiss Army-style knife Dakine backpack iPhone for camera, altimeter, GPS (no phone service, but take a battery backup if you plan to use GPS)
Food and Water:	Camelback 100 oz bladder (fits in Dakine back pack) Frame-mounted 1/2 liter water bottle Extra 1/2 liter bottle Freeze-dried dinner (entree and vegetables) Freeze-dried breakfast Clif Bars (4) Kind Bars (4) Clif Shot Blocks (6) Hammer Endurolytes tablets (1 tube)
Clothes:	Helmet Bike shoes Rain jacket & hood Tights, in case of cold weather (1 pr.) Bike shorts and chamois (wear one pr., take one pr.) Briefs (wear one pr., take one pr.) Shirt, short sleeve (wear one, take one) Arm warmers (1 pr.) Socks (wear one pr., take one pr.) Do-rags or bandannas (wear one, take one)
Personal Items:	Sunglasses Heart rate monitor Toothbrush and tooth paste, or backpacking toothbrush Small bar soap Small shampoo Packs of chamois butter (2) First aid kit with large bandaids or gauze & tape Aspirin/Aleve/Advil...just a few Alcohol wipes, several Hand sanitizer, one small bottle is nice to have Sunblock, spf 50 or higher Chapstick, spf 30 Toilet paper, small amount Paper towels, one or two sheets

