

Checklist for Self-Sustained Tandem Touring

- indicates items we went with - indicates items we did not take (3) – indicates quantity other than 1

Tandem Bicycle and Items Fastened to Frame

Item	Source or Brand	Comment
<input checked="" type="checkbox"/> Large frame road tandem	2000 Santana Noventa	Couplings and cable dis-connectors, 48 spoke wheels and 175 mm crank arms for Stoker (170 mm is standard for Stoker)
<input checked="" type="checkbox"/> Front pannier rack	Beckman, Bend, OR	Special bosses for rack applied to tandem at time of manufacture
<input checked="" type="checkbox"/> Single wheel trailer	BOB Yak – Santana width forks	Replaced original 2000 fork with manufacturer's upgrade and had 16" wheel hub upgraded to Shimano Deore HB-M510
<input checked="" type="checkbox"/> Skewer	BOB	Special skewer for attaching trailer
<input checked="" type="checkbox"/> Bike tag	Custom made	AK 2 FL tag and frame bolted to trailer wheel assembly
<input checked="" type="checkbox"/> HFH banners (2)	Custom made	To promote our cycling cause, banners were fastened to opposite sides of trailer
<input checked="" type="checkbox"/> Flat handle bars with bar ends (2)	NA	Applying hybrid features to a road bike
<input checked="" type="checkbox"/> Grip shifters (2)	SRAM	Applying hybrid features to a road bike
<input checked="" type="checkbox"/> Brake levers (2)	Shimano Deore XL	Applying hybrid features to a road bike
<input checked="" type="checkbox"/> Y-cord splitter	www.PrecisionTandems.com	Allows dual rim brake control with right brake lever while the left lever controls the disc brake. Whether you use a disc brake or a drum brake, a third brake that's not touching the rim is imperative!
<input checked="" type="checkbox"/> Headset	Chris King	Upgrade
<input checked="" type="checkbox"/> Suspension stem	Softride	Placed on front handle bars
<input checked="" type="checkbox"/> Suspension seat post	Tamer Tricky Dick	Upgrade for Stoker's comfort
<input checked="" type="checkbox"/> L bracket (3)	Tandems East	Bolted to cage bosses – doubled bottle storage locations
<input checked="" type="checkbox"/> Single bottle cage holder	Minoura	Bolted to Stoker handlebars for additional bottle storage
<input checked="" type="checkbox"/> Water bottle cage (3)	Trek aluminum	
<input checked="" type="checkbox"/> Water bottle cage (5)	Innovations in Cycling	X cage allows container removal where space is limited

<input checked="" type="checkbox"/> Fenders, front & back, for wide tires	SKS/Esge, www.rivbike.com	Front fender has auto-ejection feature in case a rock is trapped. Fenders are made of a gummy, recycled plastic that's hard to crack. Mud flaps riveted to back end of both fenders
<input checked="" type="checkbox"/> Cordless cyclocomputer (2)	Cateye Micro Wireless	Second one for Stoker navigation and motivation
<input checked="" type="checkbox"/> Removable braze-on	Zefal	For mounting Stoker's bike computer to tandem's frame
<input checked="" type="checkbox"/> Frame pack bag 188 cu in	Jandd	This triangular bag placed on bottom frame to store most tools
<input checked="" type="checkbox"/> Wedge bag (2) 456 cu in ea	Jandd	Placed under saddles for quick access storage
<input checked="" type="checkbox"/> Small thermometer	NA	Attached to zipper of wedge bag
<input checked="" type="checkbox"/> Wedge bag small	NA	Placed on frame under Captain's seat post for batteries & charger
<input checked="" type="checkbox"/> Holster	REI	For carrying canister of Counter Assault Bear Spray
<input checked="" type="checkbox"/> Front pannier bags (2) 3400 cu in each	Robert Beckman Designs, Bend, OR	Modular design allows size reduction for short tours. Mesh pockets on outside – a total of 12 pockets and compartments
<input checked="" type="checkbox"/> Front light – flashing or steady	Cateye L.E.D. Opti Cube	Light also used as extra flashlight
<input checked="" type="checkbox"/> Rear light	Cateye	Our rear light was not fastened to frame but to Stoker's clothing
<input checked="" type="checkbox"/> Clipless pedals (4)	Shimano SPD M747	Upgrade
<input checked="" type="checkbox"/> 9 speed chain (2)	SRAM PC 99	Upgrade
<input checked="" type="checkbox"/> 52 tooth chain ring	Shimano	Standard equipment
<input checked="" type="checkbox"/> 39 tooth chain ring	Shimano	Replaced 42 tooth chain ring for better balance among 3 rings
<input checked="" type="checkbox"/> 24 tooth chain ring	Salsa	Replaced 30 tooth chain ring to reduce gear inches from 24 to 19
<input checked="" type="checkbox"/> Rearview mirror	Mirrycle Mountain Bike Mirror	Placed on Stoker's handle bar
<input checked="" type="checkbox"/> Bell	NA	Placed on Stoker's handle bar
<input checked="" type="checkbox"/> Inclinometer	Sky-Mounti	Placed on Stoker's handle bar – approximate degree of grade
<input checked="" type="checkbox"/> Kickstand, double leg	ESGE – Pletscher	Kickstand is a must-have component if pulling a trailer
<input type="checkbox"/> GPS		Mounted to Stoker's or Captain's handlebars
<input type="checkbox"/> Handle bar bag & bracket		Mounted to Captain's handlebars
<input type="checkbox"/> Rear pannier rack		We reasoned that the combination of rear panniers and a heavily loaded trailer would be too much weight for the rear tandem wheel
<input type="checkbox"/> Rear pannier bags		

Operating Equipment		
Item	Source or Brand	Comment
<input checked="" type="checkbox"/> Water bottles, 1 liter (3)	Zefal	Sports drink in one and water in the other two
<input checked="" type="checkbox"/> Bottle socks	Retired Canari bike socks	Socks insulate bottles, reduced rattling and dust
<input checked="" type="checkbox"/> White cylindrical container	NA	Storage for food bars and snacks
<input checked="" type="checkbox"/> Hydration back pack 1.5 liter (2)	Camelbak Hydropak	Because of the load on the front wheel, it was unsafe for the Captain to drink from water bottle while riding
<input checked="" type="checkbox"/> White storage canister (2)	Tandems East	One held alternate (dark/light) Oakley lenses; the other held first aid. Large rubber band secured containers to cage
<input checked="" type="checkbox"/> Black storage canister (2)	NA	One held spare tube; the other held chain lube and work glove. Large rubber band secured containers to cage
<input checked="" type="checkbox"/> Bungee cross strap	NA	Held bags resting on front pannier rack
<input checked="" type="checkbox"/> Heavy duty rubber band (4)	NA	Wrapped around Captain's right handle bar – available for misc. use and for locking brake lever
<input checked="" type="checkbox"/> Flat bungee cords (3)	NA	Held bags on top of trailer
<input checked="" type="checkbox"/> Round bungee cords (2)	NA	Held two sleeping bags packs together on trailer
<input checked="" type="checkbox"/> Large black cargo bag	Ortlieb	Rain-proof storage made for BOB Yak trailer
<input checked="" type="checkbox"/> Large stuff sacks (8)	REI	Rain-proof storage of camping gear, food, rain jackets and spare tires. Assorted colors to distinguish contents.
<input checked="" type="checkbox"/> Foam Pad	Unique Fabricating	Placed as cushion between trailer bag and base of trailer
<input checked="" type="checkbox"/> Yellow dust covers (2) with bungee strap and clips	Robert Beckman Designs	Dust and moisture protection for front panniers and increased visibility (highly recommend). Strap at top secures the covers.
Safety/Security		
Item	Source or Brand	Comment
<input checked="" type="checkbox"/> Cyclist's safety triangle	Adventure Cycling	Attached to back side of trailer load
<input checked="" type="checkbox"/> Yellow flag	BOB	Flexible 4 foot long pole w/ flag mounts to the back of the trailer
<input checked="" type="checkbox"/> Flashing head light	Cateye	
<input checked="" type="checkbox"/> Rear blinking light	Cateye	Attached to Stoker's Camelbak

<input checked="" type="checkbox"/> Cycling helmets (2)	NA	With visors for shielding sun
<input checked="" type="checkbox"/> Helmet mirror	NA	For Captain's rear view (extra length to see around Stoker)
<input checked="" type="checkbox"/> Intercom system with wired headsets	Tandem Talk	Not only do you hear traffic alerts better, it is easier to carry on a conversation - your Stoker will be so much happier! Carried spare headsets as they wear out over time.
<input checked="" type="checkbox"/> Wrap around-style sunglasses (2)	Oakley M frames	2 sets of lenses – yellow lenses (for low light levels) and dark lenses with unused set stored in cloth bag/lens wipe inside white storage canister
<input checked="" type="checkbox"/> Strings (2)	NA	Attach to sunglasses to avoid fumbling with falling glasses
<input checked="" type="checkbox"/> Sun screen	NA	
<input checked="" type="checkbox"/> Bug repellent	NA	
<input checked="" type="checkbox"/> Bear pepper spray (2)	REI, Counter Assault	Never had to use it but nice to have, just in case...
<input checked="" type="checkbox"/> Dog pepper spray	Halt	
<input type="checkbox"/> Washer drain hose	NA	Two foot hose section is handy for aggressive dogs
<input checked="" type="checkbox"/> Bike cable and lock w/ key	REI, Kabletek Flexweave Cable	Two 3/16" X 6' cables looped together. Extra length ensured sufficient reach to tree or pole. If our rig was within viewing distance, we didn't secure. Most thieves would not be able to handle the weight of a touring tandem.
<input checked="" type="checkbox"/> Emergency blanket	NA	Weighs 3 ounces
<input checked="" type="checkbox"/> First aid kit along with "Guide to Wilderness Medicine" by Eric A. Weiss M.D.	Adventure Medical Kits	Includes medical tape, tweezers, knife, safety pins, needle and thread, various size adhesive bandages, butterfly bandages, cotton tipped applicators, gauze pads and wraps, antiseptic wipes, anti-fog/anti-static cleaning tissue, anti-bacterial ointment, bug sting relief, medical waste disposal bag, aspirin, burn ointment and foot powder

Personal Care and Hygiene

Item	Source or Brand	Comment
<input checked="" type="checkbox"/> Travel organizer bag size #2	Outdoor Research	Several internal organizer pockets for toiletries and other items; bag with fixed mirror is designed to hang for easy access
<input checked="" type="checkbox"/> Shampoo (2)	NA	
<input checked="" type="checkbox"/> Pine Tar Soap & soap dish	www.rivbike.com	Scent that cuts through the stench, but washes off thoroughly – split bar in half with zip lock bag holding one bar
<input checked="" type="checkbox"/> Toothbrush & toothpaste (2)	NA	
<input checked="" type="checkbox"/> Dental floss	NA	Also applicable for sewing up cut tires
<input checked="" type="checkbox"/> Mouthwash	NA	
<input checked="" type="checkbox"/> Razor shaver	NA	
<input checked="" type="checkbox"/> Comb/brush	NA	
<input checked="" type="checkbox"/> Deodorant	NA	
<input checked="" type="checkbox"/> Body lotion	NA	
<input checked="" type="checkbox"/> Lip Balm	NA	
<input checked="" type="checkbox"/> Body powder	NA	
<input checked="" type="checkbox"/> Chamois butter, 8 oz tube	Paceline Products Butt'r	For relief of saddle sores
<input checked="" type="checkbox"/> Petroleum jelly	NA	For rashes
<input checked="" type="checkbox"/> Antacid tablets	NA	
<input checked="" type="checkbox"/> Personal medication	NA	Allergies sufferers – Clairiton is an option
<input checked="" type="checkbox"/> Eye drops	NA	
<input checked="" type="checkbox"/> Feminine hygiene	NA	
<input checked="" type="checkbox"/> Toilet paper & disposal bag	NA	Paper towels also work
<input checked="" type="checkbox"/> Lightload towels (2)	NA	Super absorbent, quick drying and have multiple uses such as, towels, washcloth, pot holder and pack padding
<input checked="" type="checkbox"/> Decongestant	NA	For allergies sufferers
<input checked="" type="checkbox"/> Large quick drying towel (2)	REI, Pack Towel	A loop on one corner of each towel aids in hanging

<input checked="" type="checkbox"/> Battery charger	RadioShack	6 hour NiCd/NiMH charger
<input checked="" type="checkbox"/> AA batteries (8)	Energizer Ni-MH	
<input checked="" type="checkbox"/> AAA batteries (4)	RadioShack Ni-MH	
<input checked="" type="checkbox"/> 9 V batteries (2)	RadioShack Ni-MH	
<input checked="" type="checkbox"/> 9 foot power cord	NA	Outdoor rated with 3 plugs, conspicuous orange color
<input checked="" type="checkbox"/> Small whisk broom & dustpan with stuff sack	NA	It's inevitable, the tent's floor will get dirty. Remove debris before it damages floor
<input checked="" type="checkbox"/> Tent patch kit	NA	
<input type="checkbox"/> Tent fabric and zipper cleaner kit	NA	Purchased and used to clean tent after 4,500 miles
<input checked="" type="checkbox"/> Hand sanitizer (2)	Purell	
<input checked="" type="checkbox"/> Wood burning camp stove	REI, Sierra Zip by ZZ Mfg.	Compact, lightweight, stove cooks using a single AA battery and wood chips and twigs. Why bother with the messy petrol? Boil water in about 6 minutes. Stove, starters and matches stored in stuff sack
<input checked="" type="checkbox"/> Fire starter	Zip Fire, ZZ Mfg.	108 chunks (approx 10.8 oz.). Typically takes 2 to 3 chunks to start fire.
<input checked="" type="checkbox"/> Storm proof matches (2)	REI	Sold as 2 boxes of 25 matches each. Sticks are 2 3/4 inches long for added safety to keep from burning fingers
<input checked="" type="checkbox"/> Pan with lid, 1 liter	Primus	Macaroni & cheese box meal fit 1 liter perfectly along with most meals contained in a can. Packed in mess stuff sack
<input type="checkbox"/> Skillet, 10"	Primus	Didn't want to deal with cooking oils and frying
<input checked="" type="checkbox"/> Can opener	NA	Also included in Swiss army knife
<input checked="" type="checkbox"/> Plastic drinking cup (2)	GSI	
<input checked="" type="checkbox"/> Large food bowl (2)	GSI	
<input type="checkbox"/> Small food bowl (2)	GSI	
<input checked="" type="checkbox"/> Plastic knife, fork, spoon (2)	NA	Heavy duty, camping grade. Packed in separate stuff sack
<input checked="" type="checkbox"/> Foldable spatula	MSR	
<input checked="" type="checkbox"/> Foldable strainer	MSR	

<input checked="" type="checkbox"/> Clear plastic water bottle, 1 liter (2)	Nalgene	Extra water storage stored in trailer
<input checked="" type="checkbox"/> Dromedary bag, 10 liter	REI, MSR	Extra water storage stored above trailer in stuff sack. Loop at one end of dromedary allows you to suspend the bag for a drip shower
<input checked="" type="checkbox"/> Shower kit	MSR	Dromedary system accessory
<input checked="" type="checkbox"/> Water purification system	REI, First Need Deluxe	Attaches directly to Nalgene containers and dromedary. Pumps 1.34 liters per minutes with a capacity of 125 gallons before filter change required. Weighs 1.2 pounds. Needed in remote areas.
<input checked="" type="checkbox"/> Bottle brush	NA	Quite convenient
<input checked="" type="checkbox"/> Camelbak tube brush	REI	
<input checked="" type="checkbox"/> All-purpose cleaner	REI, Campsuds	
<input checked="" type="checkbox"/> Dish washing sponge	NA	
<input checked="" type="checkbox"/> Dish drain bag	NA	Mesh bag
<input checked="" type="checkbox"/> Rubber dish-washing tub	NA	Great storage divider for trailer!
<input checked="" type="checkbox"/> Paper towels	NA	Sheets were removed from roll and stored in zip lock bag
<input checked="" type="checkbox"/> Zip lock freezer bags (12)	NA	Quart and gallon sizes
<input checked="" type="checkbox"/> Mosquito head net (2)	NA	
<input checked="" type="checkbox"/> Bear bag	REI, Feather River	Long red cord contained in small black bag. Pull out cord and tie to green food bag. Insert medium size rock into black bag and pull draw strings. Throw bag up over tree limb to hoist food up.
<input checked="" type="checkbox"/> Clothes line & 15 clothes pins with stuff sack	NA	
<input checked="" type="checkbox"/> Rain poncho (disposable)	NA	For campground setting only – not appropriate for cycling
<input checked="" type="checkbox"/> Green tarp, 7 ft x 9 ft	REI	Overnight cover for tandem; fastened with quick-release latches and Velcro straps
<input checked="" type="checkbox"/> Nylon binder twine	NA	Forty feet length for fastening and misc. uses

Clothing/Misc.

[except where noted, quantities were divided into his and hers front panniers]

Item	Source or Brand	Comment
<input checked="" type="checkbox"/> Yellow rain jackets (2)	REI (brand)	Packed in rain gear stuff sack. Frustrated by unexpected shower bursts, we located this stuff sack near the top of the trailer pack
<input checked="" type="checkbox"/> Black rain pants (2)	Burley	
<input checked="" type="checkbox"/> Shoe covers (2)	Burley	
<input checked="" type="checkbox"/> Shower caps (2)	NA	Packed in rain gear stuff sack. Applied to helmets for rain shield
<input checked="" type="checkbox"/> Yellow bike jackets (2)	Canari	With zip-off sleeves. Placed in air mattress stuff sack when not in use
<input checked="" type="checkbox"/> Wool caps (2)	NA	
<input checked="" type="checkbox"/> Polypropylene balaclava (2)	REI	
<input checked="" type="checkbox"/> Wool headband	www.rivbike.com	Barb only
<input checked="" type="checkbox"/> Wool long underwear, bottoms (4)	www.rivbike.com	Wool is quite warm and masks body odors well
<input checked="" type="checkbox"/> Wool long underwear, tops (4)	www.rivbike.com	As climate became less chilled, we mailed unneeded wool garments to Parts Coordinator. No appreciable weight reduction in our load as for every 2 pounds of clothing we shipped out, we added 2 pounds of water due to the warmer climate.
<input checked="" type="checkbox"/> Wool pullover sweater (2)	www.rivbike.com	
<input checked="" type="checkbox"/> Wool socks (4)	www.rivbike.com	
<input checked="" type="checkbox"/> Heavy wool socks	www.rivbike.com	Barb only
<input checked="" type="checkbox"/> Cold weather gloves (2)	NA	
<input checked="" type="checkbox"/> Bike gloves, padded (2)	NA	
<input checked="" type="checkbox"/> Polypropylene glove liners (4)	REI	Placed in air mattress stuff sack when not in use
<input checked="" type="checkbox"/> Bike tights (4)	Canari	
<input checked="" type="checkbox"/> Bike shorts (4)	Castelli	
<input checked="" type="checkbox"/> Bike jerseys (4)	NA	We wore our favorite purple jersey 90 percent of tour

<input checked="" type="checkbox"/> Bandanas (4)	NA	
<input checked="" type="checkbox"/> Cotton socks (4)	Coolmax	
<input checked="" type="checkbox"/> Bike sandals (2)	Shimano	SPD cleats applied
<input checked="" type="checkbox"/> Bike mountain shoes (2)	Shimano	SPD cleats applied. Worn only in the first 200 miles (because of gravel roads) and then were shipped out
<input checked="" type="checkbox"/> T-shirt (2)	NA	Street clothing
<input checked="" type="checkbox"/> Cargo pants (2)	Eastern Mountain Sports	Street clothing; legs zipped off for conversion to shorts
<input checked="" type="checkbox"/> Underwear (4)	NA	Street clothing
<input checked="" type="checkbox"/> Beach shoes (2)	NA	Street clothing; rarely worn as we found the cycling sandals to be comfortable walking shoes (recessed SPD cleats do not damaged floors)
<input checked="" type="checkbox"/> Clothes washing packets	Woolite	
<input checked="" type="checkbox"/> Watch (2)	NA	
<input checked="" type="checkbox"/> Maps		Our map set did not include entire tour but only current 1000 miles or so of route. Parts Coordinator mailed maps as requested and we shipped out maps as we finished them
<input checked="" type="checkbox"/> Map protector	Adventure Cycling	Maps last longer
<input checked="" type="checkbox"/> Small notepads and pens (2)	NA	One was for journal writing notes and the other for recording HFH donation information. Stored in zip lock bag.
<input checked="" type="checkbox"/> Red permanent marker (2)	NA	For marking and labeling
<input checked="" type="checkbox"/> HFH business cards (100)	NA	When asked about our trip, we were sure to note that we were cycling for Habitat for Humanity. While we didn't specifically ask for a donation, we handed out the cards to those curious about our trip. Whether the card recipients gave us a donation or not, we were happy to give HFH the exposure.
<input type="checkbox"/> Book and/or magazine	NA	We were so busy writing our daily journal that we didn't have time for leisurely reading.
<input checked="" type="checkbox"/> Valuables bag	NA	A small yellow stuff sack. This bag always went with us when the tandem was left unattended. Stored in the Captain's wedge bag, it held things of value including the bike lock key. It also had convenience items such as chewing gum, nail clippers, lip balm.

<input checked="" type="checkbox"/> Wallet with neck strap	REI	Money, credit card, identification (driver's licenses and passports), health insurance cards, receipts, emergency contact information. Stored in a small yellow bag in Captain's wedge bag.
<input type="checkbox"/> Swimsuit	NA	Immersion in water is not a popular activity for us
Tools/Repair Parts		
[Unless otherwise noted, tools are stored in black triangular bag]		
Item	Source or Brand	Comment
<input checked="" type="checkbox"/> Multi-tool	Cannondale	Various metric Allen wrenches, flat and Philips screwdrivers. Stored in left pocket of Stoker's wedge bag
<input checked="" type="checkbox"/> 8 mm Allen wrench	NA	Required for self-extracting screws in crank arms. Combine with small segment of pipe for extra leverage. Multi-tools can with an 8 mm adapter but difficult to get enough torque.
<input checked="" type="checkbox"/> 4 mm driver	McMaster-Carr	Difficult to access some bolts with multi-tool
<input checked="" type="checkbox"/> 3 mm driver	McMaster-Carr	Difficult to access some bolts with multi-tool
<input checked="" type="checkbox"/> 2 mm driver	McMaster-Carr	Disc brake pad adjustment
<input checked="" type="checkbox"/> Small combination flathead / Philips screwdriver	NA	Odometer mount adjustment and jammed chain dislodgement. Stored in left pocket of Stoker's wedge bag
<input checked="" type="checkbox"/> Tiny 4" long vise grip	NA	Used as cable cutter, wrench, clamp
<input checked="" type="checkbox"/> Chain ring bolt wrench	Shimano TL-FC20	
<input checked="" type="checkbox"/> Chain tool	Park Tool, CT-5	Remove/repair chain links
<input checked="" type="checkbox"/> Plastic, 12" ruler	NA	Measure chain wear (don't exceed 1/8" over a 12" span). Stored in BOB bag. Can use metric side of scale to identify size of parts when ordering replacements.
<input checked="" type="checkbox"/> Spare gold chain links (3)	SRAM	For 9 speed chain repair
<input checked="" type="checkbox"/> Coupling wrench	Santana Cycles	For tightening 8 couplings. Stored in left pocket of Stoker's wedge bag
<input checked="" type="checkbox"/> Spanner wrench	NA	For tightening timing chain

<input checked="" type="checkbox"/> Cassette removal tool	Pamir Engineering, Hyper-cracker	After rear wheel removed, slides into lockring and then rear wheel is re-installed. Pressure on the cranks revolves the wheel, until a vinyl lever contacts the seatstay to loosen lockring. [no longer available] Alternative – Stein Hypercracker offered by www.sheldonbrown.com/harris/stein-mini-lock/
<input checked="" type="checkbox"/> Spoke wrench	NA	Repair spokes or adjust wheel alignment
<input checked="" type="checkbox"/> Spare spokes (2)	NA	Caution, there can be varying spoke lengths among the wheels
<input checked="" type="checkbox"/> Kevlar spoke repair kit (3)	Innovations in Cycling	Temporary spoke repair particularly if the broken spoke is on the drive train side of wheel (would have to remove 9 speed cassette)
<input checked="" type="checkbox"/> Torque insert T-25	NA	Disc brake rotor screws; insert is gripped with vise grip
<input checked="" type="checkbox"/> Headset cap and long bolt	NA	For disassembly of headset
<input checked="" type="checkbox"/> Swiss army knife	REI	Right side pocket of Stoker's wedge bag
<input type="checkbox"/> Bottom bracket wrench	Park Tool	Left with Parts Coordinator – too heavy for touring
<input checked="" type="checkbox"/> Work glove, right hand only	NA	Stored in black canister; convenient when you have to work with the chain
<input checked="" type="checkbox"/> Shop rag	NA	Stored in black canister.
<input checked="" type="checkbox"/> Chain lube	Boeshield T9	4 ounce drip bottle stored with work glove in canister
<input checked="" type="checkbox"/> Teflon grease	DuPont	
<input checked="" type="checkbox"/> Hand cleaner (4)	Bloo Goo	Waterless hand cleaner in a small tube
<input checked="" type="checkbox"/> Spare tandem tire 700 x 37 (2)	Continental Top Touring 2000	Twisted to figure 8 and stored in stuff sack on trailer pack
<input checked="" type="checkbox"/> Spare trailer tire 16 x 1.75	Schwalbe Marathon	Stored in stuff sack on trailer pack. With nearly 8,000 miles, the tire on the trailer wheel was certainly a marathon tire
<input checked="" type="checkbox"/> Backup tire pump	Topeak	Stored in stuff sack on trailer pack
<input checked="" type="checkbox"/> Backup BOB quick release skewer	BOB	Stored in stuff sack on trailer pack. Shaft of skewer can become bent which greatly affects wheel alignment. Backup kit also includes locking pins
<input checked="" type="checkbox"/> Extra bungees (2)	NA	Stored in stuff sack on trailer pack.
<input checked="" type="checkbox"/> Tandem tubes (5)	NA	One in black canister and balance in BOB bag
<input checked="" type="checkbox"/> Trailer tubes (2)	NA	One stored in BOB bag and the other in wheel bag

<input checked="" type="checkbox"/> Hand pump	Topeak Road Morph Master Blaster	Handles both schrader and presta valve stems. Small foot stand, gauge and flexible hose are convenient
<input checked="" type="checkbox"/> Presta to schrader adapter	Innovations in Cycling	Handy if you have to use air from a service station – caution as you risk blowing tire out using fast inflation
<input checked="" type="checkbox"/> Tire levers (2)	NA	
<input checked="" type="checkbox"/> Telescoping tire lever	Speed Lever	
<input checked="" type="checkbox"/> Tube patch kit (2)	NA	
<input checked="" type="checkbox"/> Sewing kit	NA	Includes curved needle, thimble and small roll of dental floss –for sewing up tires
<input checked="" type="checkbox"/> Emergency tire boot	Park Tool	A second way of repairing tire using strong, waterproof vinyl membrane with fiber weave reinforcement. Patches sidewall until tire can be replaced. Power bar wrapper or dollar bill may also work.
<input checked="" type="checkbox"/> Backup disc brake pads (2)	REI	Stored in BOB bag
<input checked="" type="checkbox"/> Disc brake breeder kit	Santana Cycles	Stored in BOB bag
<input checked="" type="checkbox"/> Brake cables (2)	REI	Stored in BOB bag
<input checked="" type="checkbox"/> Derailleur cables (3)	REI	Stored in BOB bag
<input checked="" type="checkbox"/> Backup hardware		Cage screws (3), cleat screw, brake arm screw, pedal screw, derailleur screws (2), seat post clamp, disc brake rotor screws (2), misc. washers, metric nuts (3) chain ring nuts and bolts (2), kickstand bracket, rim brake pads (2)
<input checked="" type="checkbox"/> Cyclocomputer batteries (4)	Eveready	
<input checked="" type="checkbox"/> Zip cable ties (12)	NA	
<input checked="" type="checkbox"/> Heavy duty rubber bands (6)	NA	
<input checked="" type="checkbox"/> Binder clips (4)	NA	
<input checked="" type="checkbox"/> Velcro strips (3)	NA	
<input checked="" type="checkbox"/> Tube of super glue	NA	
<input checked="" type="checkbox"/> Black electrical tape	NA	Rewind tape onto a smaller core
<input checked="" type="checkbox"/> Purple duct tape	NA	Rewind tape onto a smaller core
<input checked="" type="checkbox"/> Rim tape	NA	BOB bag

<input checked="" type="checkbox"/> Spare parts list	NA	List of backup parts that you're not traveling with. Need a replacement, contact Parts Coordinator to ship parts
Tech Gear		
Item	Source or Brand	Comment
<input checked="" type="checkbox"/> Computer bag	NA	Keeps cables and devices together in one location. For security, the bag was stored in the BOB bag.
<input checked="" type="checkbox"/> Laptop computer	Twinhead	Foam padded hard drive; rated by manufacturer as extra durable notebook. Wireless internet access feature included. Upgraded to a 3.5 hour battery life. Power cable/charger.
<input checked="" type="checkbox"/> Mini mouse	Logitech	Touchpads are cumbersome
<input checked="" type="checkbox"/> Ethernet cable	NA	For high speed internet hookup
<input checked="" type="checkbox"/> Blank CDs (5)	Memorex	For backing up photos and shipping them out. Stored in BOB bag.
<input checked="" type="checkbox"/> Telephone wire	RadioShack	For dial up internet; splitter comes in handy too
<input checked="" type="checkbox"/> Satellite phone	Qualcomm GSP-1600	Purchased phone and resold after trip. Service included internet access. In Alaska, Canada and some of western USA, this phone was our only link in civilization. Charger included with phone. Phone was stored in Captain's wedge bag.
<input checked="" type="checkbox"/> Satellite internet cable	Qualcomm	Added 6 foot extension for use inside tent. Very slow connection; good for checking email
<input checked="" type="checkbox"/> Cell phone	Verizon	Check out your coverage map; what you see is what you get with cellular availability. Service included internet access. Charger included with phone. Phone was stored in Captain's wedge bag.
<input checked="" type="checkbox"/> Cellular internet cable	Verizon	Very slow connection
<input checked="" type="checkbox"/> Small 12V DC to AC adapter	RadioShack	Convenient if you plan to ride in a car at any time during your tour

<input checked="" type="checkbox"/> Digital camera	Kodak DX 4900 5 mega pixel	A Kodak shoulder strap is the best accessory we got for this camera as Stoker shot half of photos while riding. Stoker place camera in jacket or jersey pocket when not using. Our initial 4 mpxl camera choked with dust in the first 200 miles so we upgraded to the DX-4900 in Fairbanks. There was no charger/power cord for the camera.
<input checked="" type="checkbox"/> Lithium ion batteries (4)	Eveready	We shooting approximately 100 photos a day. Rechargeable batteries gave us 50 to 60 captures before replacement. The lithium ion gave us 400 to 500 captures. These batteries were store in right pocket of Stoker wedge bag.
<input checked="" type="checkbox"/> Camera memory cards (2)	Lexar SD 256 mb	During a day's shooting, we rarely had to go to the second card. Uploaded the photos to laptop each evening and then erased card
<input checked="" type="checkbox"/> Camera lens cleaner	Kodak	
<input checked="" type="checkbox"/> Small camera bag	NA	Held camera (when not riding), memory cards and lens cleaner
<input checked="" type="checkbox"/> Camera upload cable	Kodak	Use to transfer photos to laptop
<input checked="" type="checkbox"/> Palm PDA	Palm Tungsten	Two issues caused us to get a Palm device. We were writing notes during the day which we would later type into the laptop (which was inaccessible during the day). This small device allowed electronic recording, particularly during the lunch break. The other issue was that we couldn't keep up with the typing using just the laptop. The Palm had a power cord/charger.
<input checked="" type="checkbox"/> PDA synch cable	Palm	For uploading to laptop from Palm
<input checked="" type="checkbox"/> Wireless folding keypad	Belkin	Makes sense to have a keyboard for the Palm
<input checked="" type="checkbox"/> USB memory stick, 250 mb	Scan Disk	
<input checked="" type="checkbox"/> 9 foot power cord	NA	Outdoor rated with 3 plugs, conspicuous orange color [same cord that is listed under camping].
<input type="checkbox"/> GPS	Garmin V	Uses 4 AA batteries. It consumed batteries very fast so we left it with Parts Coordinator

Food

[stored in green stuff sack unless noted]

Item	Source or Brand	Comment
<input checked="" type="checkbox"/> Apples, oranges	NA	Fresh fruit is always welcomed
<input checked="" type="checkbox"/> Macaroni & cheese box kit (4)	Kraft	Easy to fit and fits into 1 liter pot. Since we had a wood burning stove, we used the box as fuel as well.
<input checked="" type="checkbox"/> Dehydrated food packets (4)	REI	Made sure we always had at least one box of macaroni and two packets of dehydrated food on board in case we could not get to a food source
<input checked="" type="checkbox"/> Pastries	NA	No preparation needed for morning consumption
<input checked="" type="checkbox"/> Canned foods	NA	Veggies, soups
<input checked="" type="checkbox"/> Peanut butter sandwiches	NA	
<input checked="" type="checkbox"/> Orange juice, milk	NA	Quart containers and bought only if staying in a motel with a fridge.
<input checked="" type="checkbox"/> Sports bars (10)	NA	Found in most stores. For quick access, we stored our bars in the long white cylindrical container
<input checked="" type="checkbox"/> Sports drink powder	Gatorade Mix	Stored in 18 ounce plastic container in BOB bag. Each day, we mixed up a fresh 1 liter batch.
<input checked="" type="checkbox"/> Tea bags (20)	NA	Hand your chilled Stoker a hot cup of tea and you will be a hero!
<input type="checkbox"/> Powdered milk	NA	Did not use on this tour

Pre-Tour Preparation

[Decide on the extend of your tour. You need to consider among other things, the amount of planning, the equipment and stuff you need to bring, the effort you want to expend on the trip, the amount of money you want to spend and the time you have available to tour]

Item	Source or Brand	Comment
<input checked="" type="checkbox"/> Get acquainted with your tandem's mechanical aspects	NA	Practice tinkering with the chain, cables, etc. You'll go on tour with a higher degree of confidence. For our maintenance enhancement, we both attended a training course where we stripped our tandem down to the frame and then rebuilt it!
<input checked="" type="checkbox"/> Is your equipment up to the task?	NA	Differing viewpoints but one rule of thumb is to replace anything you think wouldn't last twice the miles of your trip. Apply the most robust components available. Durability is more important than the savings of a few pounds. With every choice, you should have reparability in mind. Save the parts you replaced as you can reinstall them after the tour to complete their useful life. Even if you're a good bike mechanic, have a bike shop check out your tandem as well.
<input checked="" type="checkbox"/> Loading the gear	NA	Keep heavy items low and to the inside. Side to side balance is important. Bungees are good for stabilizing a load. Pack items in order of frequency of use. Infrequently used stuff can be place at the bottom of bag.
<input checked="" type="checkbox"/> You might want a trailer if...	NA	... your tandem can't carry enough or you need to leave your gear and ride away before setting up camp or you need to carry something too bulky for a pannier/rack or you don't feel strong enough to handle the higher placed weight of panniers.
<input checked="" type="checkbox"/> Do a shake down mini-tour	NA	Go touring locally for 3 to 5 days. You'll have several discoveries of what works and what doesn't work. Varying your overnight settings with private campgrounds, public campgrounds, motels, etc. Seek out some tough climbs and poor weather similar to what you'll see on your route. If you don't have a rainy night out camping, put your tent under a lawn sprinkler to check for leaks.

<input checked="" type="checkbox"/> Conditioning	NA	Riding your tandem is the best training activity. Add weight to your tandem as you add to your distance. Work your way up to the distance you expect to go on an average tour day. No conditioning is going to prepare you for the first full week of touring. The Captain will have sore shoulders in particular (from extra weight on the front wheel) and you'll wonder how you're going to complete the tour! It get easier as you go along. The rigors of all day, every-day riding on a weighted tandem will transform your bodies into athletic marvels!
<input checked="" type="checkbox"/> Coordinate with support person(s)	NA	Someone to handle your mail while you're away and to ship and receive items during the tour. Create a parts inventory list of the items you're leaving behind and tag each item with a reference number (to ensure you get the correct item). Be sure to have your own copy of the parts list. In our 2004 tour, the Stoker's sister was our Parts Coordinator. Your support group should also have your tour plan so they know approximately where you are while on tour. A comment about shipping: packages can be sent to "General Delivery" to a post office on your route.
<p>By Randall & Barb Angell rev 02/07 Visit our website at: www.TEAMANGELL.com</p>		