**Lakota-Expeditions – Badger Divide Expedition Clothing and Equipment List**

The clothing and equipment list below gives details of the items we recommend for the Badger Divide 6 day Expedition. The list takes into account the potential for mixed weather and includes some ‘spare’ items to contend with events related to a week-long trip. Whist many of the items are at the discretion of expedition members, guides have a duty of care to individuals and the group. Expedition members will be prevented from riding, if they are deemed to be lacking safety / common sense items (helmet, waterproofs, warm clothing, personal medication, sleeping bag etc).

If you have any queries at all, please do contact us and especially if you unsure about investing in new clothes or equipment; we’re here to help where possible.

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| Section 1 | Item | Description | When used | Quantity\*1 |
| Cycling Clothing  |  |  |  |  |
|  | Socks | Good quality cycling or running socks. Nylon and cotton are not ideal | Cycling | 6 |
|  | Socks | Regular, comfy | After cycling, around camp | 3 |
|  | Cycling shorts | Lycra, with pad / Loose cargo style | Cycling | 2 |
|  | Leggings | Lycra, with / without pad | Cycling | 2 |
|  | Cycling tops  | Standard cycling jersey or wicking t-shirt or equivalent. Cotton t-shirts are not ideal | Cycling | 5 |
|  | Long sleeve base layer | To be worn under or over a cycling top if required | Cycling  | 2 |
|  | Warm layer (top) | Fleece or Primaloft jacket | Cycling / around camp | 2 |
|  | Waterproof top | Lightweight\*2, taped seams | Cycling  | 1 |
|  | Waterproof top | Mountain Jacket\*2, taped seams | Cycling | 1 |
|  | Waterproof bottoms | Lightweight, taped seams | Cycling | 1 |
|  | Buff | Neck warmer, sweat band, hat | Cycling / around camp | 2 |
|  | Hat | Fits under a cycling helmet | Cycling / around camp | 1 |
|  | Arm warmers | Arm sleeves | Cycling | 1 |
|  | Gloves | Thin  | Cycling | 1 |
|  | Gloves | Insulated / waterproof | Cycling | 1 |
|  | Helmet | Cycling **(Essential)** | Cycling | 1 |
|  | Glasses | Cycling (clear, tinted) | Cycling / around camp | 1 / 2 |
|  | Glasses | Reading / Driving | Around camp / Driving | As needed |

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| Section 2 | Item | Description | When used | Quantity |
| Camp Clothing |  |  |  |  |
|  | T-shirts  | Casual base layer | Around Camp | 3 |
|  | Warm Layers | Gillet, Puffa Jacket, Fleece, Dryrobe etc  | Around Camp | 1 |
|  | Underwear | Personal choice | Cycling / around Camp | 6 |
|  | Comfy trousers | Joggers, hiking trousers, jeans… | Around Camp | 1 |
|  | Shorts | Casual  |  |  |
|  | Swims | Shorts, swimsuit, speedo’s!! :) | Cycling / Around Camp | 1 |
|  | Footwear | Trainers, flip flops, Crocs etc | Around Camp | 1 Pair |

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| Section 3 | Item | Description | When used | Quantity |
| Sleeping |  |  |  |  |
|  | 3 Season sleeping bag | Synthetic or Down | Overnight | 1 |
|  | Sleeping bag liner | Synthetic or cotton | Overnight  | 1 |
|  | Sleeping pad / mattress | Foam or inflatable  | Overnight | 1 |
|  | Pillow | Travel or traditional  | Overnight | 1 |
|  | 1/2 person tent | Optional - Inner, outer, poles, pegs, footprint | Overnight  | 1 |

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| Section 4 | Item | Description | When used | Quantity |
| Hygiene |  |  |  |  |
|  | Tootbrush, toothpaste | Normal | Around Camp | 1 |
|  | Shampoo, shower gel | Normal  | Around Camp | 1 |
|  | Shaving gel, razor | Normal | Around Camp | 1 |
|  | Deodorant  | Normal | Around Camp | 1 |
|  | Towel | Normal / Travel | Around Camp | 1 |

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| Section 5 | Item | Description | When used | Quantity |
| Bike |  |  |  |  |
|  | Bike  | Drop bar or lightweight hardtail. Mechanically sound, well fitted | Cycling | 1 |
|  | Pedals – Flat / SPD | Spare cleats and bolts | Cycling | 1 Pair |
|  | Spare innertube | Or sealant + plugs | Cycling | 1 |
|  | Bike pump | Basic, lightweight | Cycling | 1 |
|  | Tyre levers | Basic, lightweight | Cycling | 3 |
|  | Repair kit | Basic, lightweight | Cycling | 1 |
|  | Multi-tool | Basic, lightweight | Cycling | 1 |
|  | Spare Brake pads\*3 | Check make and model | Cycling | 2 sets |
|  | Spare rear hanger | Bike specific rear mech hanger | Cycling  | 1 |
|  | Bike computer\*4 | Own preference (GPS handy) with charging cable | Cycling | 1 |
|  | Front and rear lights | Basic, lightweight with attachment | Cycling | 1 |
|  | Water bottles / bladder | At least 1.5 litre capacity  | Cycling | 1.5L |

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| Section 8 | Item | Description | When used | Quantity |
| Cooking |  |  |  |  |
|  | Spork / Knife, fork, spoon | Plastic or metal | Camping | 1 / 1 set |
|  | Mug | Plastic or metal | Camping | 1 |
|  | Pot with lid | Metal for boiling water | Camping | 1 |
|  | Pot gripper | Metal to avoid burnt fingers | Camping | 1 |
|  | Lighter, striker, matches | To light the micro stove | Camping | 1 |
|  | Micro stove | Folding gas stove (MSR Whisperlight, Vango folding stove) – must fit reusable propane / butane gas canisters  | Camping | 1 |
|  | Gas canister  | Coleman C300 or C500 | Camping | 1 |
|  | Water filter / purification | Sawyer mini filter / Chlorine tablets  | Camping  | 1 / 20 tabs |

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| Section 6 | Item | Description | When used | Quantity |
| Other |  |  |  |  |
|  | Insurance Card | Or paperwork | Accident | 1 |
|  | Debit / Credit Card |  | Appropriately  | 1 |
|  | Mobile Phone | With charging cable and waterproof bag | Appropriately  | 1 |
|  | Battery pack\*6 | 10,000 milliamp – phone, torch | Appropriately | 1 |
|  | Pen and paper | Waterproof if possible | Emergency | 1 |
|  | Waterproof bags  | Several sizes for clothing  | Cycling / around Camp | 5-6 |
|  | Head torch  | Basic  | Around Camp | 1 |
|  | Plastic Bags | Plastic freezer style (IKEA are great) | Cycling / around camp | 5-6 |
|  | Camera  | With charging cable and memory cables | Cycling / around Camp | 1 |
|  | Reading book, Kindle |  | Around Camp | 1 |
|  | Hold All / Bag | To transport most of this list | Travel | 1 |
|  | Waterproof Bag | For any used or wet clothes left with the support vehicle | Support Vehicle | 1 |

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| Section 7 | Item | Description | When used | Quantity |
| First Aid |  |  |  |  |
|  | Personal First Aid Kit\*5 | Small, basic. Plasters, bandages, paracetamol,  | Medical issue | 1 |
|  | Sudacreme | Antiseptic, soothing, barrier | Medical issue | 1 |
|  | Anti-chaffing cream / chamois cream | Preventative cream to avoid rashes and sores  | Medical issue | 1 |
|  | Lipsalve | Factor 15/25 | Medical issue | 1 |
|  | Sun cream | Factor 30 recommended | Medical issue | 1 |
|  | Personal Medication, prescribed or otherwise  | Various – declared during the onboarding process OR during the welcome process if prescribed between onboarding and arrival. | Medical issue | Various |

1\*Quantity – These are recommended quantities only. You may prefer to bring different quantities, based on your own prior experience.

2\*Lightweight / Mountain Jacket – both styles have pros and cons. Weight is a factor and if the temperature is mild, a lightweight jacket will usually be fine. If the temperature drops, a thicker mountain jacket will be a better option. Bring both if you have them.

3\*Spare break pads – these are invaluable. Check they are compatible with your breaks.

4\*Bike Computer – a useful tool but not essential. These can be expensive, so research carefully before buying.

5\*Personal First Aid – Your guide will take a comprehensive first aid kit. Your personal first aid kit is for individual items that you predict you may need during the trip.

6\*Battery Pack – optional. Our basecamp will have charging facilities for small personal items to include: phones, cameras, torches, bike computers. Personal battery packs can be useful top ups, whilst riding. We are unlikely to be able to charge large items such as; hair dryers, heaters, personal computers, ipads