

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, 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

