

# WHAT TO PACK

## CYCLING EQUIPMENT

THE FOLLOWING IS A SUGGESTED LIST OF EQUIPMENT, CLOTHING AND FIRST-AID ITEMS YOU MAY WANT TO BRING.

- Your Bicycle\* (Make sure your bike is in good condition for The Ride. Have it checked out at a local bike shop prior to The Ride. Make certain the breaks and gears are working properly – and your seat is at the appropriate level for your height).
- Your helmet\* (All Riders must wear ANSI, Snell, CPSC or ASTM approved helmet at all times on The Ride)
- Spare inner tubes\*
- Tire lever\*
- Patch kit\*
- Two large water bottles\* (or backpack hydration system)
- Tire pump\*
- Bike tools, including allen wrenches
- Cycling gloves
- Either a waist pack, seat or handlebar bag
- Bell or horn\*
- Mirror (rear view, mounted on bike or attached to helmet)
- Cycling-specific eyewear

## CLOTHING

NOTE: TO ANTICIPATE SUDDEN CHANGES IN TEMPERATURES CHOOSE CLOTHING THAT CAN BE EASILY LAYERED.

- T-shirts
- Wind-breaker-type jacket
- Rain poncho and rain pants (strongly recommended)
- Cycling shoes
- One or two pairs of cycling shorts
- Cycling jersey (don't forget to wear your Ride Jersey)
- "Regular" shorts
- Underwear
- Socks (3-4 pairs)
- Sweat pants or tights
- Boots or sneakers
- Long pants (to wear at Camp at night)
- Long Sleeve shirt / Sweatshirt (to wear at Camp at night)
- Sleep wear
- Sweatband
- Flip flops or comfy shoes for Camp
- Arm and leg warmers
- Thermax/thermostat shirts for layering

## FIRST-AID

- Sunscreen\*
- Special prescription medications
- "Butt balm"\* or anti chafing ointment
- Antacid
- Aspirin
- Bandages
- Lip balm
- Insect repellent
- Gauze and tape
- Sanitary protection

## CAMP GEAR

- Towel\*
- Sleeping bag\*
- Flashlight\*
- Roll or pad for tent floor
- Pillow
- Washcloth
- Alarm clock (battery operated)

## TOILETRIES

- Toothpaste and toothbrush
- Moisturizer
- Shampoo
- Soap
- Razor
- Small mirror
- Deodorant
- Hair ties
- Sunglasses
- Earplugs
- Camera
- Watch
- Journal
- Pens
- Identification\*
- Money
- Credit Card

NOTE: BE SURE TO ENCLOSE TOILETRIES IN WATER-TIGHT PLASTIC BAGS.

YOU MAY BRING ALONG A MOBILE PHONE. PLEASE BE AWARE THAT THERE WILL BE NO OUTLETS FOR RECHARGING. MOBILE PHONES ARE NOT TO BE USED WHILE RIDING.

\*ITEMS NOTED WITH AN ASTERISK ARE REQUIRED.