

RIDE ESSENTIALS

Here is a list of ideas you may want to bring for any last minute packing. I know I have sent you this list once in the past but thought some of you may need it again.

- Beer Koozies
- Bike
- 500 miles of training or close to it
- A multi tool
- Tire Levers (for changing tires)
- Air pump that will attach to your bike we have a couple of stand up pumps on the bus too but feel free to bring your own if you like
- Tire patch kits
- Spare tubes (2 or 3 would be good)
- Small bag for your bike to carry tools, tubes, etc
- Helmet
- Bike gloves
- Water bottles (2 bottles or a camelback)
- Shoes for riding (or shoes with clips depending on your bike)
- Padded bike shorts (Bring at least 2 or 3 and hand-wash in the shower if needed, hangout to dry for next use)
- Bike jerseys or t-shirts to wear while riding
- Sunglasses
- Sunscreen (big bottle for camp and small bottle to reapply throughout the day)
- Chap stick or lip balm with sun block
- Lotion
- Aloe for sunburn
- No need for a bike lock – no need to lock up during the day and we have a big Cable we lock the bikes up with at night
- Bug spray – mosquitoes can get bad at times
- Powder for shoes and shorts
- Lots of t-shirts, shorts, socks and underwear -- bring more than you think you need

- One pair of jeans and sweatshirt or jacket for the chilly nights
- Sandals or comfortable shoes for when you are not riding along with extra socks
- Camp chair
- Sleeping bag and pillow, sheet for warmer nights, air mattress if wanted
- Tent or make friends with someone that has one
- Flashlight
- ATM card or about \$200-300 in cash (not all small towns have ATMs)
- Garbage bags or cheap rain jacket
- Ziploc bag to put your wallet or things you don't want to get wet in case of a down-pour while riding
- Shower caddy
- Towels (bring at least a few-you can hang dry if needed)
- Personal hygiene items
- Pain medications and prescription medications (Aleve works well)
- Ball cap or hat
- Swim suit
- Glasses and or contacts and solution
- Cell phone (Bring a home or a car charger- we have a generator)
- Camera (disposable is your best option)
- Wet wipes and/or small roll of TP (not always available especially in corn field)
- Hand sanitizer
- Address to people you may want to send a post card too doing this early in the week is best
- **Smile, sense of humor, readiness to have fun**
- We hope this will help a few people with their list.