RIDE ESSENTIALS

Here is a list of ideas you way 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 - if you have tires with tubes**
- **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 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 to wear while riding**
- **Sunglasses**
- **Sunscreen (small bottle to reapply throughout the day)**
- **Chap stick or lip balm with sun block**
- **Lotion or Aloe for sunburn**
- **Bike lock optional – normally no need to lock up during the day as you pass through towns**
- **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**
- **Flashlight**
- Debit/**ATM card or about $200-300 in cash**
- **Garbage bag 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 2-you can hang dry if needed)**
- **Personal hygiene items**
- **Pain medications and prescription medications**
- **Ball cap or hat**
- **Swim suit**
- **Glasses and or contacts and solution**
- **Cell phone (Bring a home or car charger- we have a generator)**
- **Wet wipes and/or hygiene wipes (carry on your bike)**
- **Hand sanitizer**
- **Smile, sense of humor, readiness to have fun**
- **We hope this will help a few people with their list.**