

## **What to Pack for our week long Ride?**

Below find a suggested list of items to pack for the Ride, and other packing tips.

### Bike Clothing/Items (Riders)

- Bike Helmet
- Bike Socks (minimum two pairs; recommend four)
- Bike Shoes
- Padded Bike Gloves (2 pairs)
- Padded Bike Shorts (minimum two pairs; recommend four)
- Bike Jerseys, T-Shirts or Other Top (minimum two; recommend four)
- High Visibility Rain Jacket or other light jacket for warmth or to keep dry
- Arm Warmers or a Long Sleeve Shirt to keep arms warm on chilly mornings
- 2 Water Bottles
- Bike Sunglasses
- Sports Bras (women) (minimum two; recommended four)
- Ziploc Bags – small ( protect computer/cue sheets in rain)

### Post Riding / SAG Clothing (Riders & Support)

- Flip Flops or other shoes to wear when not in bike shoes
- Swimsuit
- PJ's
- After Riding Clothes (t-shirt and shorts or something to change into after riding, while waiting for hotel room)
- Baseball hat / Visor (optional)
- Casual Outfit (Shorts/Pants/Skirt & Top (T-Shirt, etc.) to wear at night to dinner). Usually two casual outfits are enough.
- Underwear

### Toiletries

- Sunscreen  Toothbrush  Toothpaste  Dental Floss  Deodorant
- Shampoo / Conditioner (usually in hotel rooms)
- Razor  Shaving Cream
- Feminine Products
- Ibuprofen or other pain reliever  Vitamins  Prescription Medications
- Glasses / Contacts / Solution / Supplies
- Comb / Brush  Lip Balm  Lotion  Antibacterial lotion  Cream to protect your butt, prevent chaffing (Riders)

### Miscellaneous

- Cell Phone  Cell Phone Charger
- Book, magazine, iPod, etc.
- Pen
- Credit Card(s)  Cash  ATM Card
- Health Insurance Card  ID (Drivers License, etc.)
- Ziploc Bags - Lg /XL- (dirty clothes)
- Laundry Detergent or woolite (if doing laundry in hotel room, or buy at Laundromat)
- Energy Bars / Gels, etc. if needed (SAG will have snacks)

### For Bike (Riders) - Bike Mechanic will also have the items available for purchase

- CO2 Cartridges or Hand Pump (for repairing a flat tire on the road)
- Tire Patch Kit/Repair

- \_\_ Multi Tool (for your bike)
- \_\_ Tire Levers
- \_\_ 2 Bike Tubes (spares) – Bike Mechanics will have these to buy
- \_\_ Rag (to clean bike after rain, etc.)
- \_\_ Small bottle of lube

#### For SAG (Support)

- \_\_ Casual clothing for each day. Note: if working SAG Stops, you will be working with food, so bring clothing that can withstand the rigors of working with food, etc.
- \_\_ Comfortable Shoes (tennis shoes, etc.)
- \_\_ Sunglasses
- \_\_ Hat / Visor (to keep the sun off)

#### Packing Tips

- You are limited to two bags weighing no more than 40 lbs. each. The bags can be weighed at any time during ride week. If your bag exceeds 40 lbs., you will be fined (the money goes to the Anchor House Kids).
- Your luggage will be laid out in a pile along with other luggage from the Riders and Support. Consider adding a colorful ribbon, etc., to help your bag stand out from the others for you to pick out easily. All bags must be tagged with your name.
- You may not have anything “hanging” from the outside of your bag. So, pack accordingly!
- You won’t have a lot of time to do anything but Ride or Support, so leave the laptop, etc. at home. A book or newspaper, chatting with other Riders and Support, taking a swim or a snooze will fill the “down time” between riding and waiting for your room to be ready.
- Many hotels and or cities offer opportunities to do your laundry (either at a Laundromat or in the hotel sink) at least once during Ride Week. Many Riders take this into consideration when packing and pack accordingly. For example, pack a few pairs of biking outfits, do laundry on the third or fourth day, and then you can wear the same outfits in the second half of the week. This saves packing space.
- Small Ziploc bags are indispensable. They can be used to keep your cell phone dry in the event of rain, cover your bike computer, put your money and or wallet. Bring extras.
- You’ll want to have a casual outfit to change into after done riding. This can be the same outfit throughout the week. A pair of casual shorts and t-shirt with a pair of flip flops are most common.
- There is a Banquet one night during the week. Casual clothes are most welcome, however some Participants choose to “dress up” a little. This may mean a polo shirt instead of a t-shirt, or a pair of pants or casual skirt or summer dress instead of shorts. However, most Participants wear one of their casual outfits so there is no need to bring something special just for the Banquet.
- It rarely gets cold, but a light jacket/sweater, or long sleeve shirt might come in handy if you are sensitive to cooler, night air, or heavily air conditioned restaurants.
- As a Rider, you will be in your bike shoes most of the time. A pair of flip flops or something similar to wear will come in handy once you arrive at the hotel, or in the morning on the way to drop off your luggage, get breakfast, etc. Otherwise, a simple pair of sandals, or other shoes will suffice for dinner, and evening activities. Most restaurants are a short walking distance, so bring shoes that are comfortable for walking.