



## PACKING LIST

**Please pack all your gear that will be on the Support and Gear (SAG) Vehicle in a suitcase or duffel that will fit in the overhead compartment – space is limited.**

### **Biking Gear** (to have on you or on your bike)

- **\*\*\*Spare innertube (for your size tires) and patch kit\*\*\***
- A bicycle equipped with:
  - Dual hand brakes
  - Gear shifting in good working condition
  - Water bottle in SECURE cage
- Hard helmet (properly fitted, not loose) – REQUIRED
- Sunglasses (or other eye protection)
- Biking gloves
- Biking Shirt (something cool)
- Biking shorts (or padded undershorts)
- Biking or close-toed shoes
- Socks (optional, depending on shoes)
- 2 Water bottles (that fit on your bike)
- Small backpack and/or bikepack to carry gear
- Bike lock
- Headlamp or bike headlight for tunnels
- Poncho/rain jacket or other rain gear for inclement weather
- Recommended:
  - Small tube of sunblock
  - Tissues/TP in a ziplock bag
  - Hand sanitizer

### **Personal Gear** (will be in the support truck and available at the evening destination)

Pack the following in a suitcase or duffel that **fits in an overhead bin** (9"x14"x22"):

- Up to 2 extra biking shirts
- Up to 2 extra biking shorts
- Extra socks
- Sunscreen and bug repellent
- Toiletries (including soap, shampoo, toothbrush and paste)
- Medications
- Chamois butter (apply nightly to prevent chafing and sores)
- Evening outfit for dinner
- Pajamas
- Undergarments
- Non-perishable snacks for during your rides (some will be provided, but bring your personal favorites)
- Charging cables for phone – FYI, signal will be spotty