

## What to Pack

### **Equipment**

Bike  
Helmet  
Water bottles  
Extra tubes & patch kit  
Bike pump or air cartridges

### **If camping outside**

Towel & shower shoes  
Sleeping bag and pillow  
Tent

### **Apparel**

Jerseys for riding  
Clothing for evening activities  
Socks  
Shorts  
Cycling shoes  
Street shoes  
Undergarments  
Rain gear  
Hat/Cap  
Sleepwear  
Other cycling apparel you use

### **Other**

Registration packet (including meal wristband and bib numbers)  
ID card (Driver's License)  
Money  
Specific nutrition preferences  
Prescription medications  
Nutrition bars/gels for ride  
Lip balm  
Sunscreen  
Insect repellent  
Chamois cream  
Toiletries  
Sunglasses  
Camera  
Cell phone

