

WHAT TO PACK

CYCLING EQUIPMENT

MANDATORY:

- Your Bicycle (Make sure your bike is in good condition for The Ride. Have it checked out at a local bike shop prior to The Ride. Make certain the brakes and gears are working properly – and your seat is at the appropriate level for your height.)
- Your helmet (All Riders must wear an AUS/NZ approved helmet at all times on The Ride.)
- Bell or horn

OPTIONAL ITEMS:

- Spare inner tubes
- Tire lever
- Patch kit
- Tire pump
- Cycling gloves
- Mirror (rear view, mounted on bike or attached to helmet)
- Cycling-specific eyewear
- Two large water bottles (or backpack hydration system)
- Either a waist pack, seat or handlebar bag
- Bike tools, including Allen wrenches

CLOTHING

CAMP GEAR:

- T-shirts
- Wind-breaker-type jacket
- Rain poncho (strongly recommended)
- Underwear
- Socks (3-4 pairs)
- Flip flops or comfy shoes
- Thermax/thermostat shirts for layering

CYCLING GEAR:

- Cycling shoes
- One or two pairs of cycling shorts
- Cycling jersey (Don't forget to wear your Ride Jersey!)
- Arm and leg warmers

FIRST AID

- Sunscreen*
- Special prescription medications
- "Butt balm" or anti-chafing ointment*
- Antacid
- Pain Reliever such as aspirin
- Bandages
- Lip balm
- Insect repellent
- Sanitary protection

CAMP GEAR

- Towel*
- Pillow
- Sleeping bag*
- Washcloth
- Flashlight*
- Alarm clock (battery operated)
- Roll or pad for tent floor*

TOILETRIES

- Toothpaste and toothbrush
- Shampoo
- Soap
- Razor
- Small mirror
- Deodorant
- Hair ties
- Sunglasses
- Earplugs
- Camera
- Watch
- Identification*
- Money
- Credit Card
- Phone/charger

NOTE: USING ZIPLOCK BAGS FOR CLOTHING OR OTHER ITEMS WILL HELP PROTECT AGAINST RAIN OR SWEAT AND HELP KEEP GEAR FOR CAMP DRY IN CASE OF RAIN. YOU MAY BRING ALONG A MOBILE PHONE. LIMITED CHARGING FACILITIES ARE AVAILABLE. MOBILE PHONES ARE NOT TO BE USED WHILE RIDING.

*ITEMS NOTED WITH AN ASTERISK ARE REQUIRED.