



Ride for Homes 2016

Packing List

On-the-bike Clothing

- NO Cotton Clothing! Cotton is a negative insulator and when wet is slow to dry and heavy. “cotton is rotten” for endurance sports
- Cycling helmet — ANSI and/or Snell approved
- Cycling /Touring shoes — good for walking (cleat covers for off the bike walking)
- Cycling gloves
- Cycling shorts (a pair/day or rinse and dry in your hotel room)
- Cycling hat or helmet with a brim for sun protection
- Socks — wool or synthetic (a pair a day or rinse and dry in your hotel room)
- Leg warmers or tights for riding (rain pants could substitute)
- Short-sleeved shirts; cycling jerseys; NO Cotton t-shirts! (2-3)
- Light, long-sleeved shirt for layering and sun protection
- Rain gear, jacket and pants

(Make sure your name is in ALL clothing if it ends up in a SAG car during the day)

Off-the-Bike Clothing

- Comfortable shorts
- Comfortable pants (zip-off legs or rain pants could substitute)
- Underwear (1 to 3 pair)
- Sandals, flip-flops, or lightweight shoes
- Wool sweater or fleece jacket

- Casual shirt

Miscellaneous

Cue sheet holder for you bike to read cue sheets (or make one with Binder clip or Chip Clip + rubber band)*This is important, Roads are NOT marked and you must follow a cue sheet!!****

Chamois cream

Sunscreen

2 large water bottles or camelback bladder

Energy bars/gels

Electrolyte tablets

Your regular medicines

Tylenol, Advil, Benadryl (for allergic reactions)

• **Toiletries**

- Sunglasses
- Insect repellent
- Sunblock
- Camera and journal (optional)

Tools and Spare Parts

- Tire levers/patch kit
- Spare tube (and tire, depending on the trip)
- Mini-pump
- Multi-tool

Spokes* if you have an unusual spoke bring extra. Not sure, ask your mechanic.

- Small chain lube and rag
- Bicycle light (optional) Front and rear **blinking lights MANDATORY!** (white = front; red =back) for rainy days and or low light riding.