

# COWALUNGA

## CHARITY BIKE TOUR

## Packing Check List

### One Bag Limit (plus one bag of camping gear)

#### DO PACK:

##### Carried on Truck:

- Duffel Bag
- Linens (twin sheet)/Pillow/Towels
- Sleeping Bag/Pad, Tent/Ground Cloth (for campers)
- Windbreaker
- Extra T-shirts
- Extra Riding Shorts
- Underwear, socks, shoes
- Long Sleeved T-shirt, Pants/Shorts
- Personal Items (soap, towel, shampoo, toothpaste/toothbrush, deodorant, aspirin, medication, asthma inhaler, etc.)
- Flashlight/Batteries
- Plastic Bags

##### Carried by Cyclist:

- Helmet –REQUIRED
- Sweat Band/Bandana
- Water Bottles (two recommended with opening that can fit ice cubes)
- Identification
- Rain Gear
- Lunch Money
- Cell Phone and charger
- Sunscreen
- Insect repellent
- Sunglasses
- A & D Ointment (to prevent chafing)
- Handle Bar Bag/Seat Bag/Fanny Pack (for extra tubes, tire iron, air gauge, tools, cleat covers, snacks, patch kit)
- Rearview Mirror (highly recommended)
- Riding Gloves
- Air Pump

#### OPTIONAL ITEMS:

- Swimsuit & Shower Shoes
- Alarm Clock (battery operated)
- Small multiple outlet adapter

#### EXPERT PACKING ADVICE:

- Put clothes in zip lock bags (if it rains, you'll understand)
- Pack a plastic garbage bag on your bike for rain gear – it takes up less space
- Pack paper towels – they have many uses
- Pack a credit card and an ATM Card (just in case!)
- Use a wash cloth or shami to dry off—towels get moldy