Each participant may bring one medium-sized bag (such as a carry-on suitcase or duffle bag) containing personal items/toiletries/clothes, plus one additional bag containing camping gear. Bags must be tagged to identify ownership. Please make sure your luggage can be carried comfortably.

### BICYCLE
- Bike in good working order
- Bike lock
- Water bottles
- Tools, spare tube
- Daypack or handlebar bag
- Helmet

### CLOTHING
- Bike shorts
- Bike jersey/shirt
- Bike shoes/gloves
- Clothes/shoes to wear after biking*
- Sweater/light jacket
- Bathing suit
- Socks
- Underwear
- Sports bra
- Shower shoes
- Sleepwear
- Rain gear
- Towel
- Bag for dirty laundry

### CAMPING
- Tent
- Sleeping bag/bedding
- Air mattress/pad
- Pillow

### OTHER ITEMS
- Glasses/contacts
- Sunglasses
- Cell phone
- Camera/Tablet computer
- Chargers
- Identification
- Money, credit/debit cards
- Pen/paper
- Flashlight
- Earplugs/eye mask
- Bottle opener
- Jackknife

### TOILETRIES
- Towel
- Toothbrush/toothpaste/floss
- Soap/shampoo
- Sunblock
- Deodorant
- Brush/comb
- Lotion
- Shaving supplies
- Feminine items
- Prescription medications
- Ibuprofen/Acetaminophen
- Insect Repellent
- Band-aids
- Lip Balm

* We recommend you bring a change of clothes to wear after biking for the day. We recommend you consider bringing a long sleeve shirt, pants and a hat since evenings can be cooler...with the potential for mosquitoes, depending on weather conditions.