

Bicycle Road Trip Check List

Bike

- Bike (w/ front wheel)
- Tool bag
- Frame pump
- Other Bags
(Handlebar bag, rack trunk or panniers)

Tools (in car)

- Floor pump
- Chain Lube
- Extra tire and tubes

Clothing

- Shorts
- Jerseys
- Base Layers
- Socks
- Cycling Gloves
- Cycling Shoes
- Helmet, w/Mirror
- Glasses (Cycling)
- Wind Vest or Jacket
- Arm & Leg Warmers
- Tights
- Shoe Covers
- Hats, Balaclava, Bandana
- Rain Gear
- Post Ride Clothes

Hydration & Food

- Water Bottles
- Hydration Pack
- Fresh Fruit
- Energy Bars
- Drink Mix

Extras

- **Pre-registration Confirmation**
- Directions to Start
- Lock & Cable (On-bike and Overnight)

Overnight Gear

- Sleeping Bag, Pad & Pillow
- Towels
- Post Ride Clothes
- Post Ride Outerwear
- Flashlight & Batteries

Kit Bag

- Toothbrush
- Soap
- Shampoo
- Shaving Kit

First Aid Kit

- Sun screen
- Chap Stick
- Aspirin
- Ibuprofen
- Anti-Histamine
- Decongestant
- Allergies
- Band-aids
- Neosporin
- Skin Care

Camera & Electronics

- Charge Batteries at Home!
- Cell Phone
- Camera
- Bike Lights
- iPod, iPod auto kit
- Chargers

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