

# PACKING CHECKLIST

## THE BIG STUFF

- Weather proof tent
- Sleeping bag
- Pillow & blanket
- Waterproof mat/rug
- Phone
- Tour packet
- Bike
- Extra bike tube
- Tire pump
- Two water bottles with cages on bike

## FOOD

- Water
- Gels
- Energy snacks
- Electrolyte replacement

## EXTRAS

- Camp bed / air mattress
- Solar lights
- Ear plugs

## CLOTHING

- 2 Jerseys
- Cycling socks
- Helmet
- Sweater/jacket
- Neck gaiter/buff, scarf
- Underwear
- 2 pair cycling shorts
- Towels, washcloths
- Festival clothes (Rodeo theme encouraged!)
- Laundry bag for wet clothes
- Cycling shoes
- Cycling gloves

## TOILETRIES

- Toothbrush
- Toothpaste
- Soap
- Deodorant
- Body spray/perfume
- Dry shampoo
- Shampoo & conditioner
- Butt Butter
- Towel
- Hairbrush
- Hand sanitizer

## FIRST AID AND HYGIENE

- Medication, prescriptions
- Bandages, tape, gauze, elastic wraps
- Aspirin, ibuprofen, acetaminophen
- Antiseptic cream
- Sunscreen, sunburn lotion or ointment
- Scissors, tweezers, nail clippers, razor
- Bug spray
- chapstick