

Bike Ride Packing List

Please use a marker to label all your belongings—even if you think you'll recognize them. That's especially important for cycling shorts and jerseys! They all look alike when we hang out our laundry.

Bicycling Equipment

- RAGBRAI passes for yourself and your bike
- helmet
- sunglasses
- frame pump
- 2 water bottles
- small tool kit: tire irons, adjusting tools, patch kit
- spare tube
- bike lock
- bike bag (attached behind your seat)

Camping Equipment

- tent and stakes
- ground cloth
- sleeping bag
- pillow
- pad or air mattress
- cord or rope
- flashlight
- camp chair
- large plastic bag for laundry and rain protection

Toiletries

- towel/washcloth
- toothbrush/toothpaste
- brush/comb
- shampoo
- soap
- skin lotion
- deodorant
- razor
- sanitary items
- nail clippers
- tissue or travel Kleenex
- wet wipes or soapless cleaner

First Aid

- aspirin/ibuprofen
- Vaseline, A & D Ointment, or Chamois Butt'r (for chafing)
- Gold Bond talc powder (for chafing)
- Band-Aids
- first aid cream
- lip balm
- sunscreen
- aloe vera gel
- insect repellent
- medications/vitamins

Clothes

- cycling gloves
- cycling shorts (2)
- cycling jerseys or T-shirts for riding
- cycling shoes
- socks
- sweatbands/bandanas
- poncho or water repellent jacket
- arm warmers or light jacket (for cool mornings)
- camp shoes or sandals
- T-shirts and shorts (for overnight towns)
- underwear
- flip flops (optional, for wearing in shower)
- jeans or workout pants (optional, for cool nights)
- sweatshirt (optional, for cool nights)
- swimsuit

Miscellaneous

- alarm clock
- cell phone
- camera
- watch
- earplugs
- ID
- money and ATM card
- small container of laundry soap
- clothespins

Optional

- scouting knife
- small notebook
- pens, pencils
- small zip-lock bags

Please pack as lightly as possible.