

## PWA's Friends For Life Bike Rally

### 1-Day Ride Packing List

Below are some suggestions of what to pack or to bring with you on your ride.

\* denotes must have! **Cycling gear**

- \* Bike
- \* Helmet
- \* Official 1-Day Ride Jersey
- \* Water bottles or hydration backpack
- \* Tire pump or CO2 Cartridges
- Saddle Bag
- \* Spare tube(s)
- \* Tire irons
- \* Patch kit and/or glueless patches
- Sunglasses
- Rain jacket and cool weather gear (weather dependant)
- \* ID, money (bank card, credit card, etc.) **First Aid**
- \* Sunblock of at least 30 SPF
- Anti-chafing cream
- Anti-blister cream
- Lip balm with sunblock A



What you'll need for after the ride and your return to Toronto!

#### **Clothing (weather dependant)**

- Towel
- Toiletries
- Swimsuit
- T-shirt/Sweatshirt/fleece
- Shorts/Long pants
- Shoes and/or sandals (water shoes if you plan to take a dip in the lake)
- Socks & underwear **Other**
- Cell phone and/or camera