

## PWA's Friends For Life Bike Rally

### 6-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**

(Remember some are needed on Day 1 so don't pack those items)

- \*Bike – must be in good working order
- \*Helmet – required for the entire ride
- Cycling shorts & jerseys (**do not pack your Official 6-Day Bike Rally Jersey**)
- Cycling shoes
- Cycling gloves
- \*Water bottles or hydration backpack
- \*Tire pump
- Saddle Bag (with a waterproof cover, or plastic bag)
- \*Spare tube(s)
- \*Tire irons
- \*Patch kit and/or glueless patches
- Floor pump (some will be available at campsite and carried by Road Support)
- Bike Lock (bikes can be stored in trucks overnight)

#### **Camping and Other Gear**

- \*Tent (folded and packed; should be no longer than 3 feet)
- Tarp(s) to place under tent/over bike
- Large plastic bag to store tent fly
- Small folding chair to sit on (folded; should be no longer than 3 feet)
- Air mattress or sleeping pad **NOTE:** Folding bed frames (“BYO Beds”) are not allowed.
- Sleeping bag
- Sheet (good for hot weather if sleeping bag is too warm)
- Pillow
- Towel
- Pillow
- Towel
- Toiletries
- \*ID, money (including loonies for campsite showers, bank card, credit card, etc.)
- Cell phone/charger (reception/charging facilities not always available)
- Ear plugs
- Alarm clock
- Flashlight and extra batteries
- Camera
- Duffle bag(s) or knapsack (to carry gear at the end of the Bike Rally)
- Supplies for activities related to daily themes and evening activities

### **Clothing**

- T-shirts
- Shorts
- Shoes and/or sandals
- \*Closed-toed shoes for Crew while on duty
- Long pants
- Sweatshirt/fleece
- Socks & underwear
- Sleeping clothes
- Swimsuit
- Sunglasses
- Rain jacket and cool weather gear **First Aid**
- Anti-chafing cream
- Anti-blister cream
- \*Sport sunblock of at least 30 SPF
- Lip balm with sunblock
- Analgesic cream (e.g., Rub-A535, tiger balm, etc.)
- Insect repellent (with DEET)
- \*Prescription medication(s)

NOTE: If your medication requires refrigeration, please ensure you check in with the Wellness Co-Leads on Packing Day.

- \*Medical Alert jewellery
- Antacids
- Pain relievers (e.g., ibuprofen, ASA, acetaminophen)
- Condoms/dental dams + lube
- Bandages