

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
- *Bell
- *Bike Reflectors (see page 3)
- 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
- 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

Quebec Mandatory Bike Reflector Regulations



1. Front white reflector
2. One of the following visibility accessories on the front wheel:
 - a. an amber or white reflector attached to the spokes and visible on both sides of the bicycle
 - b. a tire with reflective sidewalls
 - c. a rim with a continuous reflective strip around the entire circumference of the wheel on both sides

If there are no reflectors on the front wheel, you must attach an amber or white reflective strip on each side of the fork

3. Rear red reflector
4. One of the following visibility accessories on the rear wheel:
 - a. a red or white reflector attached to the spokes and visible on both sides of the bicycle
 - b. a tire with reflective sidewalls
 - c. a rim with a continuous reflective strip around the entire circumference of the wheel on both sides

If there are no reflectors on the rear wheel, you must attach a red or white reflective strip on each seat stay

5. Amber or white reflectors on each pedal. If the pedals are not equipped with such reflectors, the cyclist must wear a reflective band around each ankle or shoes with reflective strips

Visit <https://saaq.gouv.qc.ca/en/road-safety/modes-transportation/bicycle/bicycles-and-accessories/> for more information