



## Suggested RAGBRAI Equipment List

### Basic Riding Gear

- ◇ Bicycle
- ◇ Helmet (required)
- ◇ Sweat Bands / Skull Caps (keep sweat out of eyes)
- ◇ Padded Cycling Shorts
- ◇ Cycling Jerseys & Athletic Tops
- ◇ Tights and Arm Warmers (for cool mornings)
- ◇ UV Arm Covers &/or Lightweight, Long-Sleeved Shirt (added sun protection)
- ◇ Wind/Rain Jacket
- ◇ Cycling Socks
- ◇ Shoes / Sandals
- ◇ Gloves
- ◇ Sunglasses
- ◇ Front & Rear Lights (doubles as a night flashlight, too!)
- ◇ Bicycle Mirror
- ◇ Water Bottles (at least 2)

### Recommended Casual Wear

- ◇ T-Shirts & Shorts
- ◇ Pair of Pants
- ◇ Hooded Sweatshirt
- ◇ Undergarments
- ◇ Socks
- ◇ Sleepwear
- ◇ Swimsuit
- ◇ Walking Shoes

### On-the-Bike Necessities

- ◇ Bike Bags (recommend one for front – quick access, one for back – bigger items)
- ◇ ID (driver's license, Road ID wristband recommended)
- ◇ Medical Alerts
- ◇ Cash / Debit / Credit Cards
- ◇ Cell Phone
- ◇ Spare Tubes (at least 2)
- ◇ Tire Levers
- ◇ Patch Kit
- ◇ Frame-Mounted Pump
- ◇ CO<sub>2</sub> Cartridges
- ◇ Multi Tool
- ◇ Bike Lock & Chain
- ◇ Hand Sanitizer
- ◇ Sun Screen & SPF Lip Balm
- ◇ Chamois Butt'r (lube for your tush)
- ◇ Toilet Paper

### Campsite

- ◇ Tent, Stakes, Mallet, Ground Cloth
- ◇ Sleeping Bag
- ◇ Pillow
- ◇ Air Mattress / Pad
- ◇ Camp Chair (if it fits in your bag)
- ◇ Insect Repellant
- ◇ Scissors or Pocket Knife

- ◇ Phone, Tablet Charger
- ◇ Notepad & Pen, Addresses & Phone Numbers
- ◇ Grocery Bag for Trash

### Toiletries

- ◇ Portable Shower Caddy
- ◇ Towels
- ◇ Washcloth(s) or Bath Sponge
- ◇ Dry Off Sport Towel (TYR recommended)
- ◇ Toothbrush & Toothpaste
- ◇ Deodorant
- ◇ Hair Brush, Comb
- ◇ Shampoo, Conditioner
- ◇ Soap, Body Wash
- ◇ Razor
- ◇ Shaving Cream
- ◇ Lotion
- ◇ Band-Aids
- ◇ Antibiotic Cream
- ◇ Tylenol, Aleve, Ibuprofen
- ◇ Vitamins
- ◇ Prescription Medications
- ◇ Eyeglasses, Contacts
- ◇ Feminine Hygiene Products
- ◇ Nail Clippers
- ◇ Ear Plugs
- ◇ Safety Pins

### Packing Requirements & Tips:

- Limit luggage to 3 pieces (includes all gear, sleeping bag & tent)
- Do not use plastic totes, trash bags or cans. Duffle bags work best!
- Pack each day's clothing together in an individual, Ziploc bag. Push air out when sealing. This keeps clothes protected, dry from rain & dew and makes them easy to find together each day.

### Bike Drop-Off & Transportation:

- Bring your bicycle to Bickel's Cycling & Fitness by **6p.m. Thursday or 4p.m. Friday (the earlier, the better)** to be safely secured for transport. *\*Please note – if you bring your bike Saturday morning, if there is room, it will go into the storage unit under the charter bus. Your bike is at a significantly greater risk of being damaged; this is not recommended.\**
- **Attach a tag to your bike stem with YOUR NAME & CELL PHONE #**