



Cycle for the Cause Packing List

Gear Bag

- 1 large backpack or duffel bag

Clothing

- Shoes – Spin Shoes or Properly Fitted Sneakers
- Shoes – comfortable, casual shoes to wear at night
- Underwear
- Sports bras
- Socks – 2 pair per day, preferably non-cotton
- Shorts
- Long Pants
- Sweat Pants
- Sleepwear
- Sweatbands
- Waterproof Jacket
- Bathing Suit

Bike Specific

- (2-3) Spare Tubes
- Bike Multitool
- A Portable Pump or CO2 Cartridges
- Tire Patching
- Bike Helmet
- Cycling Gloves, Arm Warmers if you have
- Padded Shorts
- Jerseys Per Day (Team, Center, Red Dress Day, Pos Pedaler, Other)
- Replacement chain pin
- Power chain link (depending on chain brand/type)
- Extra cleat bolt(s) – for those wearing cleated shoes
- Wheel Lock Key (If your bicycle has wheel locks, remember to carry the wheel lock key at all times)

Toiletries

- Deodorant
- Moisturizer

- Nail Clippers
- Razor
- Shampoo
- Small Mirror
- Soap
- Toothbrush, Toothpaste, and mouthwash
- Tampons/Sanitary napkins
- Glasses/extra contact lenses

Miscellaneous

- Cell Phone Booster & Auxiliary/USB Cord
- Identification
- Sunglasses
- Earplugs for Sleeping
- Watch
- Money and Credit Cards
- Journal and Pens
- Water Bottle or Bottles (wide mouth bottle, easy for filling)
- Personal endurance nutrition items
- (2) 4 x 6 photos of folks you are riding for
- Theragun
- Plastic Massage Roller
- Lacrosse or PT Ball

First Aid

- Any Required Prescription Medications
- Anti-blister Aids
- Antacid
- Bandages
- “Butt Balm”
- Disposable Plastic Bags
- Gauze and Tape
- Hand Sanitizer
- Insect Repellent
- Lip Balm with Sunscreen
- KT Tape
- Pain Reliever
- Sunscreen
- Sanitary Protection
- CBD Cream
- Biofreeze Cream
- IcyHot

- Liquidage
- Protein Powder

Rain Gear

- Clear Cycling Glasses
- Poncho or Waterproof Jacket
- Waterproof Gloves
- Helmet Cap / Cover
- Overshoes (cycling shoe covers)

Additional Gear for Crew Members Only

- Work Gloves
- Back Support
- Pocket Knife