

Make-A-Wish<sup>®</sup> Michigan provides nearly everything you need for the Wish-A-Mile<sup>®</sup> Bicycle Tour. We ask that you respect our tour volunteers (and their backs) and PLEASE PACK LIGHTLY.

### What to Pack

- Bicycle (REQUIRED) *\*It is highly recommended that you have your bicycle checked over prior to the tour by your local bike shop or mechanic*
- Helmet (REQUIRED)
- Front headlight and rear reflector (REQUIRED)
- Bicycle mirror (REQUIRED)
- Bicycle lock
- Simple tools (tubes, patch kit)
- Proper biking clothes and shoes, biking gloves, arm warmers, light jacket and rain gear
- Comfortable shoes and clothes for post-ride *\*bike shoes are not allowed inside the overnight locations*
- Towels for showering (if staying onsite)
- Toiletries
- Chapstick
- Sleeping bag and air mattress if staying on site (no portable beds or cots)
- Tent (if camping onsite outdoors)
- Personal identification MUST be carried with you at all times *\*it is a good idea to bring extra copies*
- Additional energy/protein or carbohydrate options (**limited amounts provided**). The tour receives sample quantities and flavors of donated items from product sponsors such as CLIF Bar, GU and Chamois (butt) Butt'r. Please bring any additional energy/protein products that you prefer for your own personal use while on tour.
- **Cash payment for bicycle repairs**
- Cash for additional food or beverage if you need something outside of posted meal times
- An open mind, energetic attitude and a willingness to make lifelong friends!

### Luggage Requirements

**Please respect our tour volunteers and appreciate their support in handling hundreds of pieces of luggage on the tour daily. YOU MUST BE ABLE TO LIFT YOUR LUGGAGE ONTO THE SEMI-TRUCKS! DO NOT TIE BAGS TOGETHER.**

- No hockey/baseball equipment bags
- No garbage bags
- 25-pound bag limit
- The luggage that you bring should be waterproof and made of sturdy material to withstand the trip (no duct taped bags, safety pinned bags, broken zippers, etc.).
- You will be provided two color-coded luggage tags with your name on each at rider check-in. Please be sure to remove any previous tour or airline luggage tags. The luggage will be sorted according to your supplied tag color.