



Red Ribbon Ride Packing Guide

BICYCLE

BIKE - MANDATORY	
Your bike, in good working order	
Helmet	
Water bottles (1-2) and/or Hydration Pack	
Emergency Contact Info and license/ID	
Medical Insurance Card	
Mini bike tools (inc wrench if needed)	
Spare tubes, Patch kit, tire levers	
Pump or CO2 system	
Sunglasses	

BIKE - Recommended	
Bike shoes (with cleat covers if you need them)	
Bike shorts (minimum 1-2)	
Bike jerseys (minimum 1-2)	
Cycling socks (minimum 1-2,)	
Cycling gloves (short and long)	
Base layers (short and long)	
Women: sports bras (2)	
Knee warmers and arm warmers	
Sweat band or bandanas (2)	
Rain Jacket & Rain Pants	
Cycling vest	
Windbreaker/Cycling jacket	
Gu gels for emergencies (1 or more per day)	
If not using Gatorade, 2 days of electrolyte drink	
Recovery drink packets	
Spare tubes (4-5)	
Red Dress Day Outfit!	
Credit Card/Cash	
Seat bag for bike tools	
Helmet decorations	
Shower cap or plastic bag (cover bike seat at night)	

BIKE - Optional	
Bike computer	
HRM (with chest strap)	
Small blinking light, ie Frogs - to be seen in fog	
Shoe covers	
Extra spokes	
Spare sunglasses	
Spare Bike tires	
Spare cleats and cleat covers	
Minimalist chain cleaning kit	

CAMP

CAMP - MANDATORY	
Sleeping Bag / Sheets	
Thermarest pad or air mattress	
Tent - if tenting	

CAMP - Recommended	
Small bag/backpack	
Pillow	
Alarm clock (non electric)	
Headlamp, or flashlight	
Ear plugs	
Jeans and/or sweatpants (1 pair)	
Sweater and/or sweatshirt	
Comfortable shoes or sandals	
Rain Jacket/pants	
Long-sleeve fleece or hoodie	
Warm hat	
T-shirts (1-2)	
Underwear	
Sleepwear/long underwear	
Tent Decoration	
Small flashing light (to mark tent)	
Clothesline/pins, or binder clips	

CAMP - Optional	
Insect repellent	
Cold-water detergent (Woolite)	
Plastic tarp	
Large trash bag	
Insulated mug with lid	
Dryer sheets (dirty clothes bags)	
Cell phone with extra battery	
Camera, film/memory cards	
Extra batteries for all devices	
Solar charger (and leads)	
Journal/pen	
Sponsor postcards and stamps	
Large ziploc bags	
Efferdent (to clean bottles)	
McGuyver: duct tape, zip ties	
Swimsuit (for swimming pool)	

HEALTH

HEALTH - MANDATORY	
Prescription medications	
Lip balm with SPF	
Sunscreen	
Aspirin/Ibuprofen	

HEALTH - Recommended	
First Aid Medical Bracelets	
Sunblock (zinc oxide)	
Hand sanitiser	
Band-aids	
Aloe gel with lidocaine for sunburn	
Biofreeze or similar	
Antihistamine (Claritin/Benadryl)	
Eye drops (saline)	
Moleskin	
Antibiotic ointment (Brave Soldier)	

HEALTH - Optional	
Antacid	
Supplemental food for special diet	
Tweezers	
Butt Balm, if you use it	
Anti-blister cream	
Decongestant	
Vaseline	
Sleeping aids and pills	
Vitamin supply for 4 days	
The Stick, or small foam roller	

TOILETRIES

TOILETRIES - Recommended	
Camp Towel	
Washcloth	
Favorite soap or cleanser	
Shampoo/Conditioner	
Moisturizer	
Deodorant	
Brush or comb	
Hair products/ties/clips	
Razor (non electric)	
Shaving cream	
Small bag (carry stuff to shower)	
Toothbrush, toothpaste	
Dental floss	
Contacts/Glasses & supplies	
Small eyeglass repair kit	
Women: Sanitary products	

TOILETRIES - Optional	
Mouthwash	
Condoms/Dental dams	
Shower shoes	
Second camp towel	
Makeup	
Nail clippers/small scissors	
Small mirror	

DO NOT PACK	
Candles	
Anything with an open flame	
Alcohol	
Illegal drugs	

Questions? Please contact Angie Skelly at angie@aliveness.org