

Aidslifecycle Packing List

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Basically, you take a zip loc bag for each day of your bike tour.. You put 2 electrolyte drink packs, 2 vitamin packs, 1 Recovery Drink Pack, 2 carbohydrate shots, 1 shampoo, 1 toothpaste, 1 razor, 1 cycling jersey, 1 cycling shorts, 1 pair of socks, and 1 base layer shirt, in each bag.

When you get up for the first day of your bike tour, Day #1, open the first zip loc bag. Put on the fresh gear. Cover yourself with Sunscreen (regardless of the sun). and ingest one of your vitamin packs. Place the carbohydrate shots & electrolyte drink packs in your cycling jersey pocket (and use throughout the day). Leave the remaining supplements (recovery drink & vitamin pack) and toiletries in their original zip loc bag

When you bike into camp at the end of your first day: Find your gear & tent truck. Get your gear bag. Set up your tent. Grab your zip loc bag (for Day #1). Ingest the other vitamin pack. Begin to drink your recovery drink. Grab your toiletries and run to the showers.

After your shower, wash whatever cycling gear / hand towel that needs to be recycled (with the extra shampoo from that day). Throw out /or/ leave (in the shower) the excess toiletries. Hang your cycling gear to dry (use the twine and clothes pins). Go start eating your carbs, protein, electrolytes and fat (eating within the first 30 - 45 minutes will enhance your recovery).. And at the end of the day, put all the cycling gear from that day's bike ride back in the original zip loc bag. Seal the bag tight.

The second day, when you wake up, you unzip the next zip loc bag and everything you need for that day's bike tour is inside. Put on the fresh gear. Cover yourself with Sunscreen. Ingest one of your vitamin packs. Place the carbohydrate shots & electrolyte drink packs in your cycling jersey pocket. And, leave the remaining supplements in their original zip loc bag.

When you bike into camp at the end of your second day, Day #2, repeat the same procedure as you did for the day before, Day #1.

Comprende?

- Additional toiletries should be placed in 1 additional zip loc bag.
- Wrap your "in camp" clothes in the heavy duty glad bags (in case of [unexpected showers](#) during your sleeping time/or/ water damage from transport).
- Also, because of condensation on the tent walls, do not let anything touch the sides of your tent.
- Any questions? Feel free to contact me

See ya on the road!

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Bike Gear:

- 7 Pairs of Cycling Socks
- 3 - 7 Bike Jerseys
- 2 Polypropylene/Wool/Silk long sleeve cycling shirts (base layer)
- 1 Gortex / Water Resistant Cycling Jacket
- 1 Wool Beanie
- 3 - 7 Cycling bibs / bike shorts
- 1 Pair Loose Fitting Casual Shorts
- 1 Pair of Loose Fitting Sweat Pants
- 3 Tank Tops / T-shirts
- 1 Pair of comfortable/loose fitting shoes/flip flops (for in camp).
- 1 Complete outfit for the day after your bike tour (if possibly - send it with whomever is meeting you at closing ceremonies).
- 1 Swimsuit (Speedo etc.)
- 3 Bike Caps
- 1 Sweat Shirt / Wool Bike Jersey
- 2 Pairs of Sunglasses
- 2 Pairs of Cycling Gloves
- 2 Pairs Arm Warmers
- 1 Pair of Leg Warmers
- 1 Set of Pajamas

• **The items below should be placed in your bike seat bag /or/ on your person.*

- 1 Bike Pump
- 1 Allen Wrench
- 1 Patch Kit
- 2 Presto to Schrader valve adapters
- 2 Inner tubes
- 2 Wide Mouth Water Bottles
- 1 Spoke Wrench
- 1 Set of Tire Irons
- 1 Roll of Quarters (\$10.00)
- 1 Set of Spare Cleats for Bike Shoes
- 1 of 2 Large Plastic Heavy Duty Trash Bags (emergency rain gear)
- 1000 mg. Ibuprofen
- 1 Lip Balm
- 1 (of 2) Disposable Cameras (400 film) (write your rider number on each camera)
- 1 Sharpie Black Ink Marker (to mark holes in inner tubes when patching and/or collect information).

Packing List Toiletries:

- 7 razors
- 2 Lip balm
- 1 Zinc Oxide
- 1 Bottle Ibuprofen
- 3 Pairs of Ear Plugs

- 7 Hotel Sized (small) Shampoo Bottles
- 7 Small Tubes of Tooth Paste
- 14 Individually Packaged Electrolyte Drink Supplements
- 2 Hand towels
- 14 Individually Packaged Daily Vitamin Supplements
- 14 Carbohydrate Shots
- 7 Recovery Drink Packs.
- 2 Tooth Brushes
- 1 bottle of 40+ Sunscreen
- Antihistamine (if you have allergies)
- Condoms & Lube
- 1 Small Bottle of Bug Repellent
- 1 Small First Aid Kit
- 1 Small tube Anti Burn Cream

Bike Tour Accessories:

- 1 Set of Playing Cards - Small Chess Game, etc.
- 1 Swiss Army Knife
- 1 Note Pad/Address Book & Three Pens
- 8 Large Glad Ziploc Bags
- 1 Flash Light (with extra Batteries)
- 1 Cell Phone (and charger)
- 2 Disposable Cameras -400 film (write your rider number on each camera)
- 1 30 Degree Sleeping Bag
- 1 Small Pillow
- 2 Large Plastic Heavy Duty Trash Bags
- 5 Strong Plastic Tent Stakes
- 7 Clothes Pins
- 10 feet of thin twine
- 1 Meditation Device (book, music, prayer beads)
- Decoration for your tent (so you can find it)
- 1 Battery Operated Alarm Clock (extra set of batteries).
- 4 Sets of Wooden Chopsticks
- 1 Cow Bell (or noise making device for cheering on other cyclist at the finish line)

