



## Packing List

### Bike Stuff

- REQUIRED:** Bicycle (tuned)
- REQUIRED:** Helmet
- REQUIRED:** Rider Number & Wristband (Included in your Registration Packet)
- REQUIRED:** 2 x water bottles: (electrolyte drink and water)
- Recommended:** mini hand pump
- Seat saddle bag
  - Extra Tube
  - Tire Levers
  - Mini Tools
  - CO2 - if you prefer
- CHARGED/WORKING** computer
  - Charger to RECHARGE
- Bike Shoes (if using clip-less)
- Sneakers (if using flats pedals)
- Bike Gloves (thank me later)
- Plastic grocery bag to cover bike seat on Saturday night for condensation (or rain)

### Clothing

- Jersey (Wash out & re-wear; bring a second jersey, purchase 2 team jersey's, raise over \$1,500 for a special CCG VIP jersey!)
- Bike Shorts (I suggest 2 pair - But you can wash & re-wear)
- 2 x Riding Socks
- Pajamas for Saturday night
- 2 x set of comfortable clothes
  - Saturday shirt/shorts
  - Sunday shirt/shorts
- Comfortable shoes for Sat/Sun
- REQUIRED** : Unmentionables, Long sleeve, windbreaker, sweatshirt (it gets cool outside at night at the MMA/Ferry while on the water)

### Overnight

- Pillow
- Sheet for mattress
- Towel (light, quick-dry camping ones work best)
- Shower Shoes (flip flops)
- Shower kit - shampoo, conditioner, soap, toothbrush, toothpaste, lotions, deodorant - and all other toiletries)
- Travel alarm clock
- "Sore muscle" cream

### Miscellaneous

- Cell Phone AND CHARGERS
- SUNSCREEN (Sweat proof "sport" variety)
- Chamois Butt'r (or any brand of cream to avoid chafing from riding for 2 days!)
- Sunglasses and glasses (don't forget your cases)
- Lip balm
- Rain Jacket/Poncho
- Plastic bag for dirty/wet clothes (Bags that your new kit come in work really well)
- MEDICATIONS
  - Prescriptions
  - Allergy
  - Advil; Aleve; Aspirin; Motrin; Vodka Redbull
- ID for bars/boat ride
- MONEY \*\*highly recommended
  - Cash ONLY for tip for Massage therapist under team tent
  - Cash ONLY on Ferry for drinks
  - Cash ONLY for Casino Night
- Backpack/ bag for Ferry (sneaking on beers/nips!)
- Camera (if you still roll that way to take lots of pictures Saturday night and on the Ferry!)