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
* Gum
* 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** for food/drinks and souvenirs in Provincetown
  + 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!)