

Roadie Packing List

The following lists mandatory and suggested items; choose what you work for you. ALC participants are allowed one gear bag, weighing 70 lbs Maximum. All of your belongings must fit in the bag - DO NOT use bungee cords or straps to attach things to the outside of your bag! Items notated with an asterisk are MANDATORY

Supplied by AIDS/LifeCycle:

- Roadie T-shirts, enough for the week (on Orientation Day)
- Tent (receive in Camp 1)

Don't Forget:

- ID (driver's license, state-issued ID card, etc.)*
- Credit card/cash*
- Medical insurance card*
- Medications
- Sunscreen
- Contacts/solution
- Eye glasses
- Water Bottle
- Gear Bag (with wheels)

Camping Gear:

- Sleeping bag *
- Therm-a-Rest pad or sleeping bag pad
- Head lamp
- Clothespins or binder clips (to hang up our towel to dry)
- Tent decorations
- Microfiber shower towel
- Ear plugs (recommended)
- Cellphone (with power cord, wall plug)
- Portable battery (phone charger)
- Pajamas
- Flip flops or sandals

Nice to Have:

- Electrolyte (your favorite)

Roadie Necessities:

- (2-3) Shorts/Pants
- Underwear
- (2) Comfortable shoes
- Sweater and or sweatshirt
- Hat/beanie
- Socks
- Warm Jacket (chilly mornings/evenings)
- Sunglasses
- Work Gloves
- Day pack (bag)
- Costumes
- Sun Hat
- Water Bottle

Toiletries & Personal Items:

- Toothbrush, toothpaste, mouthwash, dental floss
- Shampoo and conditioner
- Deodorant
- Condoms
- Feminine hygiene products

First Aid:

- Bandages
- Lip balm with SPF
- Aspirin or ibuprofen (also available Medical)
- Sunscreen

TIPS FROM ROADIE VETERANS:

- Pack light, bring only what you need. You can always shop in the Camp Store for toiletries and miscellaneous items.
- Bring TWO pairs of shoes: (1) to switch off with every other day (2) have as backup in case of tough weather.
- Using a gear bag with wheels will save you energy and time going to your gear truck and tent each day!
- Gold Bond Powder to help keep comfortable in the heat!
- Label everything with your name, phone number and participant number! Make sure you will be easily reunited with any items you may misplace out on the road!