

AIDS/LifeCycle Packing List

The following lists outline mandatory and suggested items; you will decide how much or how little will make your ride comfortable. ALC participants are allowed to bring one gear bag weighing approximately 70 lbs maximum. You need to be able to pack all of your belongings, including your sleeping bag, in your ONE gear bag (suitcase or duffle type).

You will find that a suitcase/duffle on wheels will save you at camp, as there can be long distances between your gear truck and where you set up your tent. If you are going to attach your sleeping bag or bed mat to the outside of your bag, you need to be sure they are completely secure and DO NOT use bungee cords, they can snap loose and hurt the gear folks.

Bike Clothes

- ☐ Helmet *
- ☐ 2 -7 Jerseys (your choice of short, long, or sleeveless)
- ☐ 2 -7 bike shorts
- ☐ 2 -7 bike socks
- ☐ Knee and arm warmers, long cycling pants, riding jacket, etc.)
- ☐ Cycling gloves
- ☐ Rain pants/jacket (rain does not stop the Ride)
- ☐ Shoe covers
- ☐ Sunglasses
- ☐ Bike Shoes
- ☐ Don't forget your Safety Day aka Orange Day (Day 2) & Red Dress (Day 5) outfits!!

Bike Accessories

- ☐ ID (driver's license, state-issued ID card, etc.)*
- ☐ 2 water bottles *
- ☐ Hand bike pump *
- ☐ Credit card/cash*
- ☐ Medical insurance card*
- ☐ Emergency contact information card
- ☐ Saddle bag
- ☐ Spare tubes
- ☐ Route sheet holder or binder clip

Tent Accessories

- ☐ Sleeping bag *
- ☐ Therm-a-rest pad or sleeping bag pad
- ☐ Flashlight or headlamp
- ☐ Clothespins or binder clips (to hang your towel to dry)
- ☐ Tent decorations

Camp Clothes & Accessories

- ☐ Masks (8+, one for each day)*
- ☐ T-shirts (don't forget your AIDS/LifeCycle t-shirt!)
- ☐ Underwear
- ☐ Jeans and or sweatpants
- ☐ Sweater and or sweatshirt
- ☐ Hat/beanie
- ☐ Socks
- ☐ Comfortable shoes/flip flops, or sandals
- ☐ Pajamas
- ☐ Shorts
- ☐ Towel or chamois - type towel
- ☐ Ear plugs (highly recommended)
- ☐ Cellphone (with charger)
- ☐ Portable battery pack
- ☐ Sunglasses
- ☐ Cold-water detergent (if you plan to wash clothes)

Toiletries & Personal Items

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

First Aid

- ☐ Prescription medications (as indicated on your Medical Forms)
- ☐ Anti-blister cream
- ☐ Bandages
- ☐ Lip balm with SPF
- ☐ Aspirin or ibuprofen (also available at rest stops and camp)
- ☐ Sunblock

Roadie Specific Gear

- ☐ Sturdy shoes
- ☐ Long pants
- ☐ T-shirts (Roadies will receive several Roadie t-shirts on Orientation Day)
- ☐ Work gloves
- ☐ Water bottle
- ☐ Daypack or bag to carry items
- ☐ Hat for sun protection
- ☐ Rain Gear, several pairs of shoes/Rain hat

*Items notated with an asterisk are MANDATORY