Roadie Packing List

The following lists mandatory and suggested items; choose what you works 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 noted 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
☐ Masks (8+, one for each day) *
☐ 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

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

Nice to Have:

☐ Electrolyte (your favorite)

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!