

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 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!