

PACKING LIST- 2024 Tour de SiiHasin

Participants are responsible for all items brought on the bike ride. **Label everything** – especially sleeping bags and luggage! We recommend that you leave at home any items you consider to be irreplaceable or valuable. Tour de SiiHasin organizers are not responsible for lost, damaged or stolen items.

Bike Riding Gear

- | | |
|---|--|
| <input type="checkbox"/> Jersey | <input type="checkbox"/> Hydration packs (camelback or water bottle) |
| <input type="checkbox"/> Bike Shorts | <input type="checkbox"/> Bandana |
| <input type="checkbox"/> Socks – one pair per day | <input type="checkbox"/> Portable pump |
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Electrolytes |
| <input type="checkbox"/> Closed toes shoes | <input type="checkbox"/> Energy supplements |
| <input type="checkbox"/> Riding gloves | <input type="checkbox"/> Headlamp |
| <input type="checkbox"/> Inner tubes | <input type="checkbox"/> Multi-tool |
| <input type="checkbox"/> Reflector lights | <input type="checkbox"/> Mess Kit (re-usable dishes) |
| <input type="checkbox"/> Tent | <input type="checkbox"/> Umbrella |
| <input type="checkbox"/> Camp chairs | <input type="checkbox"/> Light jacket / rain jacket |

Clothing (bring only what you need due to limited space)

- | | |
|---|---|
| <input type="checkbox"/> T-shirts – short/long sleeve | <input type="checkbox"/> Pajamas |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Long pants – one pair |
| <input type="checkbox"/> Socks – one pair per day | <input type="checkbox"/> Hat or visor |
| <input type="checkbox"/> Underwear – one per day | <input type="checkbox"/> Sweater, sweatshirt, or jacket |
| <input type="checkbox"/> Shoes – tennis shoes (closed toes) | |

Personal Care

- | | |
|---|--|
| <input type="checkbox"/> washcloth | <input type="checkbox"/> Sleeping bag |
| <input type="checkbox"/> bath towel | <input type="checkbox"/> Pillow |
| <input type="checkbox"/> Sunscreen AND lip balm –SPF 15 or higher | <input type="checkbox"/> Flashlight and extra batteries |
| <input type="checkbox"/> Shampoo, conditioner | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Brush <u>or</u> comb | <input type="checkbox"/> Wipes |
| <input type="checkbox"/> Soap and deodorant (no spray cans) | <input type="checkbox"/> Shower slippers (flip flops) |
| <input type="checkbox"/> Toothpaste, toothbrush | <input type="checkbox"/> Sanitary items (if appropriate) |
| | <input type="checkbox"/> 2 Rolls of toilet paper |

Nice to Have

- Camera
- Book
- Yoga mat

- Radios, iPods or other music players, video games (not during ride)
- Phones (not during ride)
- Gum, Candy or other food items
- Snacks with nuts

Please DO NOT BRING:

- Pets/Animals unless authorized by organizer
- Video Games
- Laptops or portable DVD players
- Expensive Name-Brand Articles
- No trailers, tagalongs, or child carriers are allowed on the route.
- Tobacco, non-prescription drugs, illegal drugs, alcohol
- Matches or Candles
- Anything with WIFI or video taking capabilities
- Irreplaceable Items

Lost & Found

All "lost & found" items will be held for 2 weeks with Claudia Jackson.

All items not claimed within two weeks will be donated to local charities