

Suggested Packing List

BIKE GEAR

- Bike shorts/Bibs (2)
- Socks (4) – 1 ice bath, 1 overnight in La Grange, 1 Day 2 riding, 1 Day 2 bus
- Rain Jacket/Wind Breaker
- Undergarments
- Team Tacodeli Bike Jersey(s)
- Bike Shoes
- Bike Gloves (2)
- Water Bottles or Camelbak
- Bike Tools & Extra Tubes
- Air Pump/CO2 Pump
- Helmet
- Chamois Butter
- ID/Health Insurance (This is SUPER important!)
- Credit Card/Cash
- Pedal Partner Bandana
- Cell Phone
- Cell phone charging cord (we will have a charging station but you will need your cord and you will need to label your cord)
- Zip Lock Bag for Cell Phone in case of rain
- Handwashing stuff (e.g., Purell or Cottonelle wipes)
- Sunglasses
- Sunscreen
- Chapstick
- Plastic Hess seat cover in 2023 MS swag bag or plastic bag for your bike seat overnight in La Grange
- Ball cap to wear when soaking in the ice bath

PERSONAL GEAL

- Soap/shower gel
- Shampoo
- Towel (2 if you are planning to shower in College Station and would like a fresh towel)
- Shower Shoes (flip flops)
- Sunscreen
- Pajamas
- Comfy clothes for after the ride (2)
- Shoes
- Toothbrush/Toothpaste
- Floss
- Deodorant
- Sweatshirt
- Glasses/Contacts
- Brush
- Ponytail holders
- Eye mask
- Medication
- Koozie

CAMPING GEAR

- Twin size air mattress (please bring a twin as anything larger is taking up two spots under the tent; that is unless you are sharing one) I will have air electric air pumps OR a single cot
- Sleeping bag
- Pillow
- Small flashlight and/or headlamp (I recommend both)
- Travel Alarm/Watch

- Tent (if you plan on pitching your own tent and not sleep under the large tent)

****SUPPLIES TO BE PROVIDED AT TENTS****

Sunscreen

Chap stick

Bug repellent

First Aid Supplies

Medicine (e.g. Advil, Benadryl, Claritin)

Ice packs

Ear Plugs

Air Mattress Pumps

Cell Phone Charging Station

Purell

Bike Chain Oil

Bike Pumps

Toilet Paper

Wet wipes

Lanterns (not one for every rider but to be spread out in the sleeping tent)