



## RIDER'S CHECKLIST

### Weeklong Rides

- |   |   |
|---|---|
| <input type="checkbox"/> Sleeping bag                             | <input type="checkbox"/> Sleepwear  |
| <input type="checkbox"/> Self-inflating mattress or other         | <input type="checkbox"/> Undergarments  |
| <input type="checkbox"/> Pillow                                   | <input type="checkbox"/> Ball cap or other hat  |
| <input type="checkbox"/> Helmet & rain cover                      | <input type="checkbox"/> Swim suit and towel  |
| <input type="checkbox"/> Two (2) riding shorts                    | <input type="checkbox"/> Sandals, thongs  |
| <input type="checkbox"/> Extra riding jersey                      | <input type="checkbox"/> Casual shoes   |
| <input type="checkbox"/> Riding shoes                             | <input type="checkbox"/> Personal care kit, toothbrush, toothpaste, shampoo, shaving gear, etc. |
| <input type="checkbox"/> Riding gloves                            | <input type="checkbox"/> Sunglasses   |
| <input type="checkbox"/> Socks                                    | <input type="checkbox"/> Camera   |
| <input type="checkbox"/> Waterproof booties                       | <input type="checkbox"/> Sunscreen 35 or higher   |
| <input type="checkbox"/> Waterproof pants                         | <input type="checkbox"/> Insect repellent   |
| <input type="checkbox"/> Rain jacket                              | <input type="checkbox"/> Hand sanitizer   |
| <input type="checkbox"/> Left hand mirror                         | <input type="checkbox"/> A book or other entertainment  |
| <input type="checkbox"/> Hydration pack or water bottles          | <input type="checkbox"/> Day bag (small) to take to showers                                     |
| <input type="checkbox"/> Bicycle pump                             | <input type="checkbox"/> Lip balm (sun block)   |
| <input type="checkbox"/> Two (2) inner tubes and a spare tire(s)  | <input type="checkbox"/> Spending money   |
| <input type="checkbox"/> Pair of shorts                           | <input type="checkbox"/> Bible  |
| <input type="checkbox"/> Casual wear, pants, skirts, shirts, tops |   |

There will be at least four support vehicles that will accompany the riders.

***“Through our spokes, God speaks!”***