



RIDER'S CHECKLIST

Weeklong Rides

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|---|--|
| <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!”