

## What to Bring / Pack

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The Tour will be providing each rider (and full week volunteer) with a standard gear / duffel bag with the Tour Du Rouge Logo. Red Cross Volunteers will be loading / unloading and transporting each rider's gear bag every day, so **please limit your personal items to fit within this one bag. Maximum weight of your gear bag is 40 lbs.**

**Clothing:** (suggestions, you can add more or less)

Plan on washing your Cycling clothes each day, probably in the motel sink and air-drying. Bring extra 1-2 days of ride clothes in case they don't completely dry overnight. There may be some laundry machines at the motels, but don't count on it, especially with 80-100 riders. Same applies for your non-riding clothes.

**IMPORTANT NOTE:** Be sure to **mark your name on all your clothing** items. These can easily get mixed together in the SAG Vehicles, rest stops, drop bags, etc. Bring an extra Sharpie marker

### **Bike Clothing**

1 ANSI/SNEL approved HELMET (**required**)

3 pr Cycling shorts

3 Jerseys (Tour Du Rouge Jersey to be worn on Day 1 and Day 6 – Start / Finish)

Waterproof rain jacket

Arm Warmers

Leg Warmers

Extra "On the Bike" Clothing Layers (t-shirt, sweatshirt, long sleeve shirt, jacket, vest, etc.) Expect temperatures to be in the 60's in the morning, warming to 80's in the afternoon (typical May days, not counting cold fronts or storm systems).

Bandanas or Sweat bands

2 pr Cycling Gloves

3 pr Cycling Socks

Cycling Shoes

Sunglasses

Spare Cleats (if needed)

Zip lock storage bags to protect cell phone and other items if raining while on the bike.

The tour will have a large mesh bag at the rest stops and SAG Vehicles to drop your excess clothing during the ride day. Please retrieve these items at the motel at the end of the day.

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### **Leisure clothing for the motels / restaurants**

(Note: Throughout the Tour the dress code is “week-end casual”. You may want “business casual” for the Victory Dinner celebration.)

1-2 pr shorts

1-2 sport shirts (collar) and / or T-shirts

1 pr Jeans or Long Pants

1 Long Sleeve Shirt or sweatshirt

2 pr / set Underwear

2 pr socks

1 pr walking shoes (tennis shoes or comfortable sandals – again may be cool)

Bathing suit

Small Towel

Plastic bags for wet clothing

### **Personal Items**

Bring your own personal consumables such as shampoo, toothpaste, Chap Stick, chamois cream, sunscreen, razors, shaving cream, medications, etc.

Camera

Books to read in motel

Notebook and pen/pencil to journal

Laptops are not recommended. The Tour cannot guarantee safekeeping of valuable items. Don't bring anything you can't afford to lose.

A small mesh bag to put your dirty clothes in. If there is laundry available this will help keep your items together.

### **Bike Stuff**

2 Water Bottles or Hydration Pack (Camelbak, etc.).

The Tour will have some rags and buckets with soapy water / rinse water for bike wash at the end of day motel.

There will be bike mechanics with spare tubes, tires, and other parts available for purchase. You can bring your own spares, but these will need to be stowed in your gear bag.

Spokes – Suggest you carry 1-2 spare spokes that fit your wheels. Especially if you have custom or uncommon spokes. The mechanics will have spare standard 14 gauge round stainless steel spokes. There are some rough roads, so be prepared if a spoke breaks during the ride. These can be taped to the seat tube or chain stay on your bike.

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Chain Lube – Bring your own if you are particular about brand, type (wax, oil), etc. The mechanics will provide some basic chain lubricant.

Tools – Mechanics will have most common bike tools. Bring your own if you have a specialized or custom tool for a particular part on your bike.

You will keep your bike in your motel room overnight.

Start the ride with a clean, lubed bike with new tubes and tires. Replace any significantly worn parts. Remember, you will be riding over 500 miles in 6 days.

### **Carry with you on the bike**

Small billfold with minimal cash, credit card, identification and medical insurance cards.

Cell phone – emergency numbers will be on the cue sheets.

If you have any special nutritional food or supplements, be sure to pack this with you. Let the ride director know if you need special handling for food / nutritional products.

Seat Bag – (on the bike) – Standard tire repair – including tire levers, at least 1 spare tube, patch kit, CO2 inflator and CO2, or frame pump).