



Friends for Life Bike Rally – Suggested Packing List

The following are lists of suggested items to pack for the Bike Rally. Mandatory items are indicated with an asterisk (*). Ultimately, each Participant must decide how much or how little to bring along and everything must fit in your allotted 2 bins. Keep in mind the fact that the Rubbermaid Rustlers have to load and unload everyone's bins twice a day – we ask that you not pack a lot of heavy items and keep the weight of each bin below 60 pounds. Remember, whatever you put in your bins, you will have to carry back to Toronto yourself.

Cycling gear

- *Bike – must be in good working order
- *Helmet – required for the entire ride
- Cycling shorts & jerseys
- Cycling shoes
- Cycling gloves
- *Water bottles or hydration backpack
- *Tire pump
- Saddle Bag (with a waterproof cover, or plastic bag)
- *Spare tube(s)
- *Tire irons
- *Patch kit and/or glueless patches
- Floor pump (some will be available at campsite and carried by Road Safety)
- Bike Lock (bikes can be stored in locked trucks overnight)

Camping and other gear

- *Tent (folded and packed; should be no longer than 3 feet)
- Tarp(s) to place under tent/over bike
- Large plastic bag to store tent fly
- Small folding chair to sit on (folded; should be no longer than 3 feet)
- Air mattress or sleeping pad

NOTE: Folding bed frames (“BYO Beds”) are not allowed.

- Sleeping bag
- Sheet (good for hot weather if sleeping bag is too warm)
- Pillow
- *Cutlery
- *Cup
- *Plate
- Towel
- Toiletries
- ID, money (including quarters for campsite showers, bank card, credit card, etc.)

- Cell phone and charger (reception & charging facilities not always available)
- Ear plugs
- Alarm clock
- Flashlight and extra batteries
- Camera
- Duffle bag(s) (to carry gear at the end of the Bike Rally)

Clothing

- T-shirts
- Shorts
- Shoes and/or sandals
- *Closed-toed shoes for Crew while on duty
- Long pants
- Sweatshirt/fleece
- Socks & underwear
- Sleeping clothes
- Swimsuit
- Sunglasses
- Rain jacket and cool weather gear

First Aid

- Anti-chafing cream
- Anti-blister cream
- Sunblock of at least 30 SPF
- Lip balm with sunblock
- Analgesic cream (e.g. Rub-A535, tiger balm, etc)
- Insect repellent (with DEET)
- *Prescription medication(s)

NOTE: If your medication requires refrigeration, please ensure you check in with the head of the Wellness Crew on Packing Day.

- *Medical Alert jewellery
- Antacids
- Pain relievers (e.g. ibuprofen, ASA, acetaminophen)
- Condoms/dental dams
- Bandages