



# Cycle of Hope & Spirit of Hope



# Packing for Habitat Rides

- Packing - Five categories:
  - Travel essentials
  - For your bike
    - Mandatory equipment
  - On your bike
    - Plan for the worst, hope for the best
  - Off your bike
    - Comfort items
  - Sleeping
    - Rough it or luxurious?



# Travel Essentials

- Mandatory
  - Medical and travel insurance
  - Driver's license / identification
  - Emergency contacts
  - Medications (if required)
- Suggested
  - Cellular phone, credit / debit cards
  - Cash - sometimes we stop for ice cream / pastries along the way
  - Camera



# For your Bike

- Mandatory equipment
  - CSA, CPSC, SNELL or ASTM approved helmet
    - The helmet should not exceed 5 years of use before replacement
  - White front light (min. 200 lumen)
  - Red rear-facing light (min. 15 lumen)
  - Water bottles (2) or hydration pack
- Recommended
  - Speedometer / odometer / computer
  - Bell or horn
  - Bike- or helmet-mounted mirror



# On your Bike

- Cycling jerseys (2)
  - Cycling vest / jacket (optional)
- Padded cycling shorts (2)
- Padded cycling gloves
  - With and without full fingers
- Cycling shoes & socks
- Arm / Leg warmers
- Sunglasses & cleaning cloth
- Buff or bandana for hot days
- Small bike bag for repair tools
  - See list in repair section
- Small day pack (support vehicle)
  - Tights or leggings
  - Cleat covers for your cycling shoes
  - Rain jacket
  - Rain booties
  - Sunscreen (small packages)
  - Plastic Ziploc bags
  - Chamois cream

# Off your Bike

- Comfort items
  - Casual clothes
    - Jeans / sweatpants
    - Shorts, T-shirts, etc.
    - Warm evening wear
  - Bathing suit & towel
  - Ball cap / hat
  - Comfy shoes / sandals
  - Light blanket



# End of the Day

- Sleeping
  - Inflatable mattress / pad or cot\*
    - With fitted sheet (optional)
  - Sleeping bag
  - Pillow
  - Ear plugs / eye shades
  - Pajamas / robe or similar sleeping attire
  - Watch / alarm clock (optional)
  - Small battery-powered fan (optional but a nice to have on hot nights)



# Miscellaneous Items

- Toiletries / personal hygiene items
- Small flashlight or headlamp
- Travel towel & face cloth
- Heating pads / ice packs
- Power bar & extension cord
  - Chargers (optional)
- Laundry bag, detergent & clothes pins
- Small computer / tablet / iPad
- Foam roller / yoga mat





# Packing 101 - Tips

- Pack light!
  - Please keep bags to 30lbs or less
    - YOU have to unload and reload
    - Do not bring large hockey bags
- Mark your bags
  - Ensure that your bags are easily identifiable
    - I personally, use coloured duct tape
- Re-evaluate every item
  - Do you really need it?
- Ask veteran riders for advice





# Any Questions?

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