



CYCLE OF

HOPE

2026

**What to
Pack for a
Habitat
Ride**

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
 - GPS / Speedometer / odometer
 - 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 DIY Bike Maintenance
- 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*
 - Sleeping bag
 - Pillow
 - Ear plugs / eye shades
 - Pajamas / robe or similar sleeping attire
 - Watch / alarm clock (optional)
 - Small battery-powered fan
 - Optional but nice to have on hot nights



Miscellaneous

- 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

- 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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