

## NCAC '09 Packing Tips & Suggestions

Here's a partial list of items to pack for the Challenge in May. It's a compilation of suggestions and experiences from NCAC veterans who have participated in over two dozen HIV/AIDS cycling fundraisers across the country.

- You're limited to one bag for your gear. This can be a large canvas duffel or tote bag, or even a large suitcase. Your sleeping bag, pillow, and pad should fit inside your gear bag. Your gear bag **may not exceed 50 pounds**. (this will be strictly enforced – we'll be weighing bags and you'll be asked to remove items if you are over the limit)
- Your tent bag may be separate from your gear bag. It should be labeled with your name and contact information. You'll receive a separate ID tag for that.
- We do not provide tents for this event. You will need to provide your own tent or find a tent mate.
- Do not use bungee cords for packing; they may unsnap and harm the Crew.
- If you forget to bring something, it's not a catastrophe! There will be stores along the route, and each evening camp is within walking distance of a large supermarket and/or drugstore.
- We can't say enough good things about one gallon Ziploc freezer bags! You should definitely bring a bunch of 'em. These see-through, resealable wonders will help keep you organized and sane as you're scrambling around in your tent at 5:00am to get ready for the day's riding. Here are just a few great ways they've been used in the past:
  - o Put each day's cycling clothes (i.e. jersey, shorts, and socks) into a separate, sealed bag. This'll make finding your clothes in the morning a snap AND provide an air tight container for your smelly cycling clothes in the evening.
  - o If it's even thinking about raining, you can put your money, cell phone, and camera into a bag to keep it from getting wet.
  - o A spare bag thrown loosely over your bike saddle after the day's riding will let all the sweat evaporate off at night and then protect your saddle from the morning dew.
  - o If you're too cheap to buy, or forgot to bring, a soap dish, you can use a Ziploc.
  - o You can stash your not-quite-dry shower towel into a loosely sealed bag each morning.
- Spare batteries or a charger for your cell phone and/or digital camera.

*"When I first signed up for this ride, I was mostly doing it to become more healthy. Since then, my passion for the cause has grown enormously! I've been inspired by donors' willingness to give and the passion and experience of my fellow riders and new friends.*

*I'm leaving here with more than I ever expected to gain."*

**-Quote from the NCAC Memorial Wheel**

- ❑ **Some form of ID and Health Insurance info should be carried with you at all times.**
- ❑ Spare cash for extra pit stops on the road.
- ❑ In addition to a basic bicycle repair kit, Cyclists should also bring knowledge of basic bicycle repairs, including changing a flat tire, adjusting misaligned breaks, and adjusting missing shifting.
- ❑ Helmet – all riders must wear an ANSI, Snell, CPSC, or ASTM-approved helmet at all times while riding. No exceptions.
- ❑ Sports drink replacement – Only Gatorade will be provided for the event. If you can only use a specific type of sports drink you should bring enough to last you for the entire event.
- ❑ Preferred quick energy foods. Likewise for food at rest stops. We'll be providing energy bars, cookies, salty snacks, peanut butter and bagels, apples, bananas, and oranges. If there's a particular cycling food that you can't do without, bring enough to last you through all 4 days of riding.
- ❑ Some form of personal identification should be carried with you at all times.
- ❑ You should have at least 2 complete sets of cycling clothing for the event. If you can afford it, 4 sets is ideal so you don't have to worry about washing out your dirty clothes in the evenings.
- ❑ Cyclists will really only need one set of post-ride camp clothing plus a jacket. Most of the time you'll be in your cycling togs!
- ❑ Crew Members should be prepared to get pretty dirty and sweaty each day, so a few changes of clothes would be nice – for both you and your crew mates!
- ❑ Some not-to-be-forgotten items for camp:
  - Ear plugs – None of us snores, but there are some NCACers who would give a rusty chainsaw a run for its money!
  - Your favorite pillow if it'll fit.
  - A battery operated alarm clock.
  - A sleeping bag or set of sheets and a blanket.
  - A sleeping pad to cushion your aching body from the ground.
  - Flashlight for finding your way to the bathroom at night.
  - Shower shoes
  - Cold water detergent if you think you'll be doing laundry
  - Journal and pens, books
  - Insect repellent
  - Allergy medication, ibuprofen
  - Sunscreen & bug spray
- ❑ And last, but certainly not least, your **LOUDEST** and **HAPPIEST** Hawaiian shirt to wear on Day 2 as a way to remember the loved ones we've lost over the years.

*"Isn't it amazing how so many strangers can come together for a noble cause and become family? Truly amazing."*

**Quote from the NCAC Memory Wheel**