

NCAC '08 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 should not exceed 50 pounds.
- 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 tentmate.
- 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 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.
- Identification and some 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.

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Quote from the NCAC Memory Wheel

- 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 CLif Bars, Luna Bars, cookies, salty snacks, 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
 - Insect repellent
 - Allergy medication
- 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.

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