

# **SUGGESTED PACKING LIST**

## **Equipment:**

Your bicycle  
Seat Bag, spare tube, patch kit, tire irons  
Pump, lock  
Spoke wrench, extra spokes  
Water bottle(s)  
Brake and derailleur cables  
Chain lubricant, chain breaker, 6" adjustable wrench  
Allen wrenches  
Small Phillips and flathead screwdrivers  
Sleeping bag, small pillow, air mattress or foam pad.  
Knife, fork, spoon, plastic tumbler and plastic hot cup

## **Clothes and Sundries:**

Soft suitcase or duffel bag to carry your gear  
Long and short cycling pants, wool tights  
Long and short sleeved biking jersey  
Cycling gloves, cold weather cycling gloves  
Rainwear  
SNELL and/or ANSI approved helmet  
Jeans  
Sweater or sweatshirt  
Warm jacket and windbreaker, stocking cap  
Shoes (not riding shoes) and socks  
Riding shoe covers  
Underwear  
Toothbrush, toothpaste, soap and bath towel  
Sun glasses, sunscreen, Chap Stick  
Bathing suit (there will be a pool & Jacuzzi in Palm Desert)  
**Ear plugs--there are some who snore!!!**

## **Extra Items You Wish You Had:**

Camera and film  
**Ear Plugs--the second notice!!!!!!!!!!!!!!!!!!!!!!**

## **A Must:**

**HI-USA Membership Card**  
Money for lunches, snacks, souvenirs, emergency bike repairs  
A good idea--County maps of San Diego, Imperial, Riverside and Orange Counties

**\*\*\*You will be loading and unloading the rental truck each day, please pack light.**