

Basic suggested packing list for the 2010 RAP Tour

Two bag limit for campers, one bag limit for riders staying indoors – 35 lbs each.

***Keep your bags light as you'll be loading and unloading it each day. It's also a good idea to tie colored ribbons to your gear for easy identification.*

Camping Bag

- Tent with stakes
- Sleeping bag
- Ground cloth
- Air mattress
- Small flash light (head lamp works just as well)
- Riding shoes
- Head lamp
- Camp pillow
- Bug spray
- Camping chair

Clothing bag

- Padded shorts and riding jerseys – riders will need to wash these along the trip
- Rain gear – whatever works for you
- Light thermal
- Full thermal shirt
- 2 Pairs of riding shorts
- 2 T-shirts - wicking (cotton is not recommended)
- 2 Pairs of underwear
- 1 Set of riding gloves
- HELMET *must be worn every time you're on a bike
- Socks – wicking (cotton is not recommended)
- Swim trunks/suit
- Walking shoes
- 2 Pairs of shorts
- 1 Pair of long pants
- Personal items, Soap, Shampoo, etc.
- Some snack food
- Water bottles (a hydro pack also works well)
- Pack towel – full size cotton bath towels take forever to dry out, leave them at home.
- Light jacket
- Camera
- Cell phone
- Cell phone charger
- Bike tool kit
- Inner tubes
- Bike lock
- Any personal items needed for a week away from home. Meds, addresses for post cards, credit cards and cash.