

# Packing Guidelines



*Or, how to never say,  
“Dang it, I forgot my \_\_\_\_\_!”*

*What you bring...and how you bring it can be the difference between a stressful ride and a stress-free ride.*

## DO

- Pack what you need to be comfortable
- Reduce redundancy
- Think about clothes-washing during the ride
- Think **travel-sized!**
- Lay out your gear as you pack and double-checking your packing list!
- Realize that if you forget anything, there will be options along the route to purchase critical items
- Take advantage of PTP Aid Stations, food vendors and community meals

## DO NOT

- Pack a different article of clothing/gear for every situation.
- Pack redundantly
- Bring anything **BREAKABLE**
- Bring full-size shampoos, conditioners, etc.
- Bring stuff that PTP provides (like floor pumps!)

## NOTES ABOUT PTP BAGGAGE

- Let's be real...your bag will take a certain amount of abuse, going into and out of the baggage trailers.
  - DO invest in a durable, rugged waterproof duffel
  - Do NOT use a hardsided suitcase
  - Do NOT pack glass or other breakables
  - Do NOT lash anything hard (like a floor pump or lawn chair) to the outside of your bag
- Pack lightly. You still have to carry your bag around...and be able to load it into the baggage trucks!
- Remember, you are allowed ONE 70 lb bag. Bungee-cording 3 or 4 smaller bags together does not count and chances are high they'll get separated.

### Non-Cycling Essentials

- Clothes (see below)
- Toiletries (see below)
- Bug spray
- Swimsuit
- Cash | Credit/ATM Card
- ID (Road ID)
- Leatherman | Swiss Army Knife
- Cell phone
- Phone / electronics charger
- Ziploc bags
- Luggage (soft-sided, waterproof)

### Are you sleeping in gyms?

- Sleeping pad | inflatable mattress
- Light sleeping bag | blanket
- Pillow
- Headlamp | Flashlight
- Earplugs
- Blindfold

### Are you tent-camping?

- Tent w/rainfly & stakes
- Stake hammer

### Cycling Essentials

- Bike (duh!)
- Helmet (also duh!)
- Cycling shorts (2-3)
- Cycling Jerseys (2-3)
- Cycling shoes
- Cycling socks (2-3)
- Cycling gloves (short-finger)
- Cycling glasses
- Sunscreen/lipscreen
- Supplemental cycling food

### Additional Cycling Clothing (Weather Gear)

- Long-sleeve jersey \*or\* sleeves
- Jacket (windproof/waterproof)
- Tights | leg warmers | knee warmers
- Long-finger gloves (regular/insulated)
- Skullcap \*or\* Buff
- Shoe covers
- Hand/foot warmers

### Cycling Tools & Equipment

- Headlight & taillight (removable)
- Patch kit (w/tire levers)
- Toolkit (ONLY essentials!)
- Spare tube(s) / tire(s)
- Inflation (frame pump or CO2)

### Suggested "Clothes" List

- Undergarments (3-6 pr)
- Medium-weight socks
- 1 pair shoes
- 1 pair sandals
- 2-3 pair shorts
- 1 pair long pants
- 2-3 short-sleeve shirts (t-shirts, camp shirts)
- 1 long-sleeve shirt
- Medium jacket
- swimsuit

### Suggested "Toiletries" List\*

- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Towel / washcloth
- Shaving needs
- Q-tips
- Prescription meds
- OTC painkiller (Advil, Aleve, etc)
- Compact travel kit

\* - travel sized and NON BREAKABLE