

TOP 10 + ITEMS NOT TO FORGET

1. Your bike
2. Sunscreen
3. Toiletries
4. Basic First Aid kit (bandages, lozenges, orthoses...)
5. Pop Up Tent for your Team Living Area (max 10ft x 30ft)
6. Sleeping tent or recreational vehicle
7. Extension cord 100ft minimum (1 per team) for your Team Living Area
8. Front and rear lights for bicycles
9. Chairs and lounge furniture for your Team Living Area
10. Reusable water bottle



+ Plus:

- ★ Bath towels
- ★ Sandals for shower
- ★ Sleeping bag
- ★ Inflatable mattress
- ★ Pillow
- ★ Blanket
- ★ Ear plugs and face mask
- ★ Alarm
- ★ A radiator/heator (even if its hot, for the humidity of the tent)
- ★ Portable BBQ (Team Living Area only)
- ★ Electric extension cord 100ft (1 per team) **FOR RECREATIONAL VEHICLES!**
- ★ A power bar
- ★ Portable batteries and chargers
- ★ Tie wraps
- ★ Sunglasses
- ★ Rain coat
- ★ Change of clothes
- ★ Detergent or bar of soap
- ★ Extra pair of shoes
- ★ Jacket with team name (if created)
- ★ Bib/Shorts (not required but recommended)
- ★ Helmet
- ★ Grease for bicycle chain, gears, rags...

+ Smile, good mood and team spirit!