

## **Dream Team - Suggested Packing List for RAGBRAI**



A few tips to make packing and baggage carrying easier for everyone:

- **\*\* Make sure all items that you do not want to get wet are placed in zip lock bags for protection. \*\***
- Use a sturdy duffel bag or small (carry on size) suitcase or small plastic totes for your personal items. Sleeping bags, blankets, pillows **MUST** be kept in a duffel bag or similar carrying bag. **DO NOT** leave these items loose or strap them to the outside of the duffel bag. They will either be damaged, become wet or lost. Grocery sacks or garbage bags are **NOT** luggage. Use of grocery sacks, garbage bags, or zip lock bags work well for keeping items dry and separate **INSIDE** duffel bags or suitcases.
- Do not over pack. Preplan what you will need to wear for the week of RAGBRAI. As a reminder – **YOU** will be lifting your luggage into the support truck. If you can't lift your luggage to at least your shoulders, make it lighter!
- Do not pack beverage containers such as Gatorade or pop in your luggage!! The team will provide drinks. These will break open and leak during luggage handling.
- Make sure all luggage, tents, totes are marked and identified as yours. Use luggage tags, bright duct tape or colorful string/ribbon to mark yours. Your name needs to be on each piece of luggage you bring.

### Packing List:

- Sleeping bag, blankets, pillow (place in waterproof bag and pack in duffel or other luggage)
- Shower/bathroom stuff: (use zip lock plastic bags) shampoo, soap, toothpaste, toothbrush, brush/comb, deodorant, shower shoes, towels/washcloths
- Clothes: pack each outfit (top, bottom, underwear, socks) in a large zip lock bag. Pack additional items in additional zip lock bags. Suggested clothing are shorts, t-shirts, long pants (jeans or sweat pants), underwear, sports bras (girls), socks, light jacket or rain coat, extra pair of shoes, sweatshirt or hoodie, something to sleep in
- Biking gear: helmet, riding gloves, riding shorts, jerseys
- Tent (contact a mentor if you do not have a tent)
- Other gear: Bug spray, sun screen, lip balm with SPF, flashlight, small bag to carry towel and shower supplies to the shower
- Optional items: electronics chargers, clothes pins for drying clothes, ground tarp for under your tent, sleep pad

**PLEASE NOTE:** If you use an inhaler or have an epipen, you must keep that with you at all times – wear a fanny pack or carry in your bike bag. Any medications (prescription or over-the counter) must be given to the proper mentor prior to departure for the trip.

**Questions?** Call your assigned mentor. Updated information will be sent via email or text.