

TEAM EVENTS



GEAR GUIDE

WHAT TO WEAR

ON THE BIKE



OFF THE BIKE



SLEEPING



CYCLING



IMPORTANT NOTES:

The Ability Experience will provide team members with cycling jerseys and shorts, team t-shirts, polo (crew members only) at orientation along with universal team bike tools, bike pumps and bike racks to use during the trip.

Safety equipment will also be given to cyclists at orientation: Front bike light, rear bike light/Varia, bike —computer and ankle band.

It is the team member's responsibility to keep up with all his gear. The Ability Experience is not responsible for any damaged or lost personal items.

Bicycle insurance is recommended for all cyclists to have during the trip.

Team members should pack accordingly and responsibly, especially as it pertains to expensive items such as laptops, etc.

CYCLING EVENT PACKING LIST



All team members are allowed 1 duffle bag and 1 backpack on the road. All items should be able to fit in those two bags.

Duffle bag = max of 90 liters (approx. 24" x 14" x 16")

Backpack = max of 35 liters (approx. 20" x 14" x 8")

CYCLING APPAREL & EQUIPMENT

- Cyclocross, Gravel or Road Bicycle
- Clip-in pedals ("clipless" pedals)
- Cycling shoes with cleats
- Helmet (MIPS, HV preferred)
- Sunglasses
- Bike multi-tool
- Water bottles and cages (2)
- Saddle bag (should not block bike light)
- CO2 inflator or frame pump
- Tire irons/levers (2)
- Extra bike tubes (3-5)
- Fingerless cycling gloves
- Cycling socks
- Sun sleeves
- *Arm and/or leg warmers**
- *Headband, skull cap or cycling cap**

CLOTHING

- Khaki shorts (2-3 pairs)
- Socks and underwear (5-7 days)
- Belt (black or brown)
- Closed toe athletic shoes
- *Sweatshirt or jacket**
- Casual t-shirts (2-3)
- Swim suit
- *Collared shirt/polo**
- Athletic/casual shorts (1-2)
- Sandals or flip-flops
- *Khaki pants (1 pair)**

BED & BATH

- Sleeping pad or twin air mattress
- Compact sleeping bag or sheets/blanket
- Compact/camping pillow
- Towel (quick-dry camping towel)
- Razor and shaving cream
- Shampoo
- Soap/body wash
- Toothbrush
- Toothpaste
- Deodorant
- Glasses/contacts
- *Gold Bond**
- Sunscreen
- Other personal hygiene items as needed

PERSONAL

- License/ID
- Insurance card
- *External battery/charger**
- Credit/debit cards
- Cell Phone
- *Laptop**
- Personal/prescription medication
- Charging cords
- *Journal and writing utensils**

PROHIBITED ITEMS

- Oversized duffle bag and backpack
- Any luggage with wheels
- Oversized air mattress
- Formal attire and shoes
- Any cycling kits other than current year
- Full size pillow
- Hard shell bike case
- Clothing with inappropriate images, phrases, etc.
- Aero bars or aero wheels
- Hydration pack (i.e., Camelbacks)
- Expensive technology
- Phone mount