



## All Team Members Packing Checklist

### Bag Guidelines

- 1 Duffle Bag (Strict max of 90 liters, approximately 24" x 14" x 16")
- 1 Backpack (Strict max of 35 liters, approximately 20" x 14" x 8")

### Clothing and Shoes

- Plain khaki shorts (2 pairs, required for team uniform)
- Belt (Required for team uniform)
- Pair of khaki pants\*
- Sweatshirt or fleece jacket\*
- Rain Jacket (HV)
- Bathing suit
- Collared shirt/polo
- Casual t-shirts (2)
- Socks and underwear (4-6 pairs)
- Closed toe athletic shoes
- Sandals or flip-flops

### Bedding

- Sleeping pad or air mattress (Twin size ONLY)
- Compact sleeping bag or blanket
- Compact/camping pillow

### Other

- Microfiber/travel towel
- Razor (Team members are required to be clean shaven everyday)
- Lip balm
- Chamois cream and/or Gold Bond
- Toiletries/Personal hygiene products
- Personal medications and prescriptions
- Glasses/contacts
- Wallet (ID, insurance cards, credit/debit cards, small amount of cash)
- Mobile phone with data and cell service
- External battery and chargers
- Watch
- Pen/pencil (Team journals provided at orientation)

## Cyclists Only Gear Checklist

(Obtain as much high-viz gear as possible)

### Cycling Apparel

- Padded, fingerless cycling gloves (HV)
- Headband, skull cap or cycling cap
- Base layer and/or shell jacket\* (HV)
- Cycling socks (HV)
- Arm and leg warmers\* (HV)
- Full-finger gloves\* (HV)
- Toe/shoe covers\*
- Sun sleeves (Recommended for South)

### Cycling Equipment

- Road bicycle (See bike buying guide)
- Clip-In pedals (a.k.a. Clipless)
- Compatible cycling shoes/cleats (HV)
- Cycling Helmet (HV, MIPS safety certification preferred, purchased from a trusted source)
- Sunglasses
- Safety Triangle (sent from AbEx)
- Reflective Ankle band (sent from AbEx)
- Front + Back Bike Lights (sent from AbEx)
- Water bottles and cages (2)
- Bike computer (Phones/watches not considered acceptable)
- Saddle Bag (size must allow bike light to be visible on seat post)
- Bicycle multi-tool
- Tire irons/levers (2)
- CO2 inflator or frame pump (CO2 cartridges cannot be checked on flights)
- Extra tubes (4-5)
- Optional: Collapsible spare tire

### Key:

\*Required for TransAm, strongly recommended for North and South, not recommended for GUF

(HV) We strongly recommend high visibility designs such as florescent colors and reflective

**All items are required  
unless noted with an asterisk**



**Provided Apparel and Equipment by The Ability Experience at Orientation**

- Two team t-shirts
- Two team polos (crew only)
- Two cycling jerseys (cyclists only)
- Two cycling shorts (cyclists only)
- Pedal wrenches and other bike assembly tools
- Floor bike pumps
- Bike racks

**IMPORTANT:**

Cyclists will be sent the following items in the mail during Pre-Event Training and are responsible for these items throughout training and their event. Front and back lights (and corresponding equipment) must be turned in at the end of the trip:

- Front Light (specific type provided by AbEx)
- Back Light (specific type provided by AbEx)
- Safety Triangle
- Ankle Band

*If a cyclist loses any of the provided and required items, they are financially responsible for replacing them and will not be allowed to ride until proper safety equipment is acquired.*

**Prohibited Items (Do not bring)**

- Oversized duffle bags or backpacks
- Hydration packs (i.e. Camelbacks)
- Helmet or body mounts for GoPro cameras (Must be mounted to bikes)
- Triathlon, mountain, cruiser or tandem bikes
- Aero bars
- Full aero wheels
- Bike cases
- Double decker or oversized air mattresses
- Normal-sized pillows
- Cycling kits besides current year's team kit
- More than 1 pair of pants
- Inappropriate clothing (logos, graphics, etc.)
- Formal attire or dress shoes
- Large instruments
- Expensive technology (Laptops should only be brought if necessary, for blogging, videography, online classes, etc.)

For more detailed information about gear and hot packing tips refer to the gear and packing sections in your Cycling Events Manual!