

The Ability Experience Gear Recommendations

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All Team Member Gear

	Recommendation One	Recommendation Two	Recommendation Three
Bag Guidelines			
1 Duffle Bag (Strict max of 90 liters, approximately 24" x 14" x 16")	Gonex duffel	Nike duffel	adidas duffel
Bedding			
Sleeping pad or air mattress (Twin size ONLY)	Ozark thermarest	Intex Airmatress	
Compact sleeping bag or blanket	Ozark One	Ozark Two	Ozark Three
Compact/camping pillow	Ozark Pillow	Teton Pillow	Rugged Camp Pillow
Other			
Microfiber/travel towel	EPAuto Towel	Rainleaf Towel	Newverest Towel

Cyclists Only

Cycling Gear *(HV- we recommend getting as much high viz gear as possible while staying within a reasonable budget. Some recommendations below are not high viz, but durable and affordable options.)	Check out PROVIZSPORTS for a large selection of high-viz gear.		
Rain Jacket (HV)	BALEAF Men's Cycling Jacket Vest (avoid dark color options)	MECASTAR Rain Jacket- Yellow	PROVIZ Mens Cycling Rain Jackets
Padded, fingerless cycling gloves (HV)	Louis Garneau - Calory Bike Gloves	Pearl Izumi Men's Elite Gel Glove	LuxoBike Cycling Gloves
Base layer and/or shell jacket* (HV)	Pro Mesh Sleeveless Baselayer - Men's	WARM windproof/waterproof high viz jacket	Pro Issue Sleeveless Base Layer - Men's
Arm and leg warmers* (HV)	Santic Cycling Leg Warmers Thermal Fleece Wind Proof Soft Shell Knee Warmer Black	UV Protection Cooling Arm Sleeves	Arm Warmers
Full-finger gloves* (HV)	Trideer Padded Full Finger Cycling Gloves	Pearl iZUMi - Ride Thermal Lite Glove	Cycling Gloves, Waterproof Touchscreen
Toe/shoe covers*	RockBros Water-Resistant IPX4 Cycling Overshoes	Pearl Izumi - Ride Elite Thermal Toe Cover	Toe Warmers
Sun sleeves (Recommended for South)	Cosmos 3 Pairs UV Protection Cooler Arm Sleeves	UV Protection Cooling Arm Sleeves	
Cycling Socks (HV)	Lin 7 Pack Sports Bike	High Viz Socks	Swiftwick- ASPIRE FOUR
Cycling Equipment			
Cycling Helmet (HV, MIPS safety certification preferred)	https://www.rudyprojectna.com/vip enter sponsor code: BENEFITNESS for discount on helmets and glasses		
Bike computer	CAT EYE - Urban Wireless Bike Computer	CAT EYE - Strada Wireless Bike Computer	CAT EYE - Velo 9 Wired Bike Computer
Saddle Bag	Evoc Saddle Bag	Topeak seat pack Aero Wedge Packs saddle bag	Roswheel Saddle Bag
Bicycle multi-tool	Vibrelli Bike Multi Tool V19	Park Tool IB-3 I-Beam Multi-Tool	Crank Brothers Multi Bicycle Tool
Tire irons/levers (2)	Pedro's Tire Lever	Pedro Tire Lever Yellow	Park Tool TL-2 Tire Lever Set
Cycling glasses (sun and clear)	https://www.rudyprojectna.com/vip ^^ Enter sponsor code: BENEFITNESS for discount on helmets and glasses	https://www.XX2i.com ^^ Enter discount code: BENEFITNESS at checkout for 60% off	