DALMAC PACKING LIST

How to pack into two bags (45 lb maximum for each)

- Bags should be highly durable and some damage should be expected as unloading the trucks is by would-be airline luggage handlers who have just finished a day-long bike ride and are anxious to find their own bag and get a shower.
- DO NOT pack expensive, easily damaged items in your bags. They should be carried on your bike. Ask the drivers about placing properly bagged medically necessary items in the truck cabs.
- We recommend packing your clothing and bedding inside garbage/plastic bags inside your bags to prevent them from getting wet. Tents wet from dew/rain will soak through to bags beneath when loaded on the trucks.
- Some riders like to pack shorts and jersey (and sports bra, socks, etc, as needed) for each day in a gallon zip lock bag. It makes it easy to find what you need each day.

ON BIKE

❏ ID/Insurance Card/Cash/Credit Card
❏ Frame Pump
❏ Water Bottles (2)
❏ Snack Food/Energy Bars/Gels
❏ Bike Tools
❏ Spare Tube/ Patch Kit/Tire
❏ Sunglasses
❏ Riding Gloves
❏ Helmet
❏ Rear View Mirror
❏ Maps
❏ Phone &/or Camera/extra battery
❏ Sunscreen/Chapstick®
❏ First Aid Kit/Aspirin/Ibuprophen

Additional suggestions:

❏ Talcum Powder/Anti Monkey Butt
❏ Warm Gloves
❏ Bike Flag/Wire Ties
❏ Rain Gear/Poncho
❏ Windbreaker/Light Weight Jacket
❏ Tights/Arm & Leg Warmers
❏ Helmet Liner/Bike Cap/Headband
❏ Tissues/Hankies
❏ Extra Socks
❏ Small Towel/Swimsuit
❏ Bike Lock

IN BAG #1

❏ Extra Biking clothes
___Biking Shorts
___Biking Shirts/Jerseys
___Long Sleeve Shirts
___Biking Socks
❏ Toiletries
___Toothbrush/Toothpaste
___Comb/Brush
___Towels/Washcloth
___Soap/Shampoo/Deodorant
___Razor/Hair Dryer
___Glasses/Contacts w/solutions
___Aspirin//Vitamins/Medicine
___Bag Balm/Bengay®/Diaper Ointment/Preparation H®
___Tissues/Hankies

- ❏ Flashlight/Headlamp
- ❏ Pajamas
- ❏ After-ride clothing
    - ___Short Sleeve Shirts
    - ___Long Sleeve Shirts
    - ___Shorts
    - ___Long Pants
    - ___Socks
    - ___Underwear
    - ___Sweatshirt/Jacket
    - ___Street Shoes/Sandals
- ❏ DALMAC Acceptance Letter

Additional suggestions:

- ❏ Shower Shoes
- ❏ Riding Log/Pen
- ❏ Umbrella/Rain poncho/Jacket
- ❏ Duct Tape/Electrical Tape
- ❏ Chain Lube
- ❏ Books/Cards/Games
- ❏ Bug Repellant
- ❏ Alarm Clock
- ❏ Spare Biking Shoes

IN BAG #2 Camping Items

- ❏ Tent/Stakes/Poles/Whisk Broom
- ❏ Ground Cover
- ❏ Clothes Line/Pins
- ❏ Bike Cover or Bike Seat Cover
- ❏ Sleeping Bag/Pad
- ❏ Pillow/Sheet
- ❏ Trash Bags/Zip Bags