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/Ibuprophuen

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