

## 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