CVC RAGBRAI CHECK LISTS

HOME CHECK LIST: (CAUTION!!!!) This is just a reminder list-You don’t need to bring EVERYTHING!!!

(You will be handling your own bags into and out of the truck, so keep weight & bulk in mind)

\_\_\_ Newspaper Stop \_\_\_ Mail Stop \_\_\_ Arrange for Pet Care

\_\_\_ Tune-up Bike / \_\_\_Clean \_\_\_ Yard Work \_\_\_ Check Weather Forecast

PACKING CHECK LIST: \_\_\_ Duffle Bags (50 lbs max per bag)

\_\_\_ Cash / \_\_\_ Debit Card \_\_\_ Wallet \_\_\_ Insurance Cards

\_\_\_ Route Maps \_\_\_ Cap / \_\_\_Hat \_\_\_ I.D.’s / \_\_\_Road ID Bracelet

\_\_\_ Cell Phone / \_\_\_Charger \_\_\_ Laptop/Tablet / \_\_\_Chargers \_\_\_ Passwords

\_\_\_ Bug Repellent / \_\_\_ Yard Spray \_\_\_ Sun Block \_\_\_ Chap Stick (SPF)

\_\_\_ Eyeglasses / \_\_\_Case \_ \_\_\_ Contacts lens / \_\_\_Solution \_\_\_ Sunglasses /\_\_\_ Straps

\_\_\_ Bike \_\_\_ Biking Shoes \_\_\_ Bike Bags (\_\_clean out first)

\_\_\_ Small Bike Tire Pump / \_\_\_CO2 \_\_\_ Bike Lights (front & back) \_\_\_ Bike First Aid Kit

\_\_\_ Bike Tools /\_\_\_ Rags / \_\_\_Chain Oil \_\_\_ Bike Lock \_\_\_ Tubes / \_\_\_Patch Kit

\_\_\_ Helmet / \_\_\_ Gloves (2) \_\_\_Bandannas / \_\_\_Headbands \_\_\_ Fanny Pack / \_\_\_ Backpack

\_\_\_ Water Bottles (2) / \_\_\_Camel Back \_\_\_ Jerseys / \_\_\_Bike Shorts \_\_\_ Rain Gear

\_\_\_ Face towel (for on bike) \_\_\_ Notebook/Journal /\_\_\_ Pen \_\_\_ Address Book / \_\_\_Stamps

\_\_\_ Business Cards \_\_\_ Music / \_\_\_Earphones \_\_\_ Tylenol or Ibuprofen

\_\_\_ Batteries (AA, AAA, etc) \_\_\_ Camera / \_\_Charger \_\_\_ Forehead or Flash Light

\_\_\_ Gatorade Powder \_\_\_ Ace Wraps, etc \_\_\_ Power or Granola Bars

\_\_\_ Waterproof Tent \_\_\_ Tent / \_\_\_Stakes / \_\_\_Mallet \_\_\_ Tent Ground Cover Tarp

\_\_\_ Tent Fan \_\_\_ Tent Whisk Broom \_\_\_ Sleeping Bag & \_\_\_ Sheet

\_\_\_ Air Mattress \_\_\_ Pillow / \_\_\_ Covers \_\_\_ Bath Towels

\_\_\_ Clothes Line /\_\_\_ Pins \_\_\_ Toilet Paper \_\_\_ Toiletries

\_\_\_ Bio Degradable Soap \_\_\_ Medications \_\_\_ Ear Plugs (for sleeping)

\_\_\_ Baby Powder /\_\_\_ Chamois Butt'r \_\_\_ Swimsuit \_\_\_ Shorts / \_\_\_T-shirts

\_\_\_ Long Sleeve T/ \_\_\_Sweatshirt \_\_\_ Shoes /\_\_\_ Flip Flops

\_ Dirty Clothes Bag \_\_\_ ‘Woolite’ (if you wash) \_\_\_ Kleenex (travel size)

\_\_\_ Gum \_\_\_ Hand Wipes \_\_\_ Book or Magazines

\_\_\_ Can Koozies \_\_\_ Bungie Cords or Twine \_\_\_ Pack clothes in large plastic bags

\_\_\_ Zip Lock Bags = SM, LG, XL \_\_\_Garbage Bags \_\_\_ RAGBRAI Wrist & Bike Bands (if you obtain on your own – not CVC)

\_\_\_ Plastic Grocery Bags (cover bike seat at night)

BEFORE LEAVING FOR BUS:

\_\_\_ Remove both bike pedals by turning wrench toward back of bike. \_\_\_\_ Put pedals in bike bag or duffle bag!!!

\_\_\_ Large blanket to cover bike in truck \_\_\_ Set Bike computer/odometer to zero

DO NOT BRING -Folding Chair -Cooler -Bike Floor Pump -Beverages (unless arranged in advance)

Checklist 2024