

## DALMAC PACKING LIST

### ON BIKE

- ID/Insurance Card/Cash/Credit Card
- Frame Pump
- Water Bottles (2)
- Bike Tools/Patch Kit
- Spare Tube/Tire
- Sunglasses
- Sunscreen/Chapstick®
- First Aid Kit/Aspirin
- Talcum Powder
- Camera/Film
- Maps
- Snack Food
- Headbands
- Riding Gloves
- Warm Gloves
- Helmet
- Rear View Mirror
- Bike Flag/Wire Ties
- Rain Gear/Poncho
- Windbreaker/Light Weight Jacket
- Tights/Arm & Leg Warmers
- Helmet Liner/Bike Cap
- Kleenex®/ Hankies
- Extra Socks
- Towel/Swimsuit
- Bike Lock
- Tent/Stakes/Poles/Whisk Broom
- Ground Cover
- Clothes Line/Pins/Woolite®
- Flashlight
- Bike Cover or Bike Seat Cover
- Alarm Clock
- Bug Repellant
- Laundry Bag/Trash Bags/Zip Bags
- Shower Pack
- Soap/Shampoo/Deodorant
- Razor/Hair Dryer
- Glasses/Contacts w/solutions
- Make-up/Sanitary Supplies
- Aspirin//Vitamins/Medicine
- Bag Balm/Bengay®/Diaper Ointment
- Toothbrush/Toothpaste
- Comb/Brush
- Towels/Washcloth
- Sweatshirt
- Pajamas
- Evening Wear
  - \_\_\_\_Short Sleeve Shirts
  - \_\_\_\_Long Sleeve Shirts
  - \_\_\_\_Shorts
  - \_\_\_\_Long Pants
  - \_\_\_\_Pair Socks
  - \_\_\_\_Pair Underwear

### IN BAG

- Extra Biking clothes
  - \_\_\_\_Biking Shorts
  - \_\_\_\_Biking Shirts/Jerseys
  - \_\_\_\_Long Sleeve Shirts
  - \_\_\_\_Pair Biking Socks
- Spare Biking Shoes
- Sleeping Bag/Pad
- Pillow/Sheet
- DALMAC Acceptance Letter/General Items Sheet
- Street Shoes/Sandals
- Shower Shoes
- Books/Cards/Games
- Riding Log/Pen/Address Book
- Kleenex®/Hankies
- Warm-up Suit
- Umbrella
- Duct Tape/Electrical Tape
- Chain Lube