



## **Packing List**

Luggage will be checked in at starting line in Omaha. Please limit your luggage to two pieces. It can be retrieved at Nebraska Wesleyan University (location TBD). Trailers and child carriers are not permitted on the ride. Second Day riders can check their luggage at the start line and pick it up at the finish line in Omaha (location TBD).

### **Equipment**

- **Bike**
- **Approved Helmet (See “Rules for the Road”)**
- **Water Bottles**
- **Extra Tubes and Patch Kit**
- **Bike Pump or Air Cartridges**

### **Apparel**

- **Jersey for riding**
- **Clothes for evening activities**
- **Socks**
- **Shorts**
- **Cycling Shoes**
- **Street Shoes**
- **Undergarments**
- **Rain Geer**
- **Sunglasses or some eye protection wear (to shield eyes from pebbles or gravel along the shoulder of the road)**
- **Hat/Cap**
- **Sleepwear**
- **Other Cycling Apparel You Use**

### **Other**

- **Prescription Medications**
- **Lip Balm**
- **Sunscreen**
- **Insect Repellent**
- **Chamois Cream**
- **Toiletries**
- **Camera**
- **Cell Phone**
- **FRS and/or GMRS handheld portable radios on channel 1 with no privacy tones (recommended)**

### **Bike Bag**

- **ID Card**
- **Band-aids**
- **Sun Screen**
- **Insect Repellent**
- **Band-aids**
- **Aspirin or a pain reliever**

### **What to Look For In Equipment...**

By purchasing the necessary items well in advance, you'll have time to use them on training rides. A classic mistake is to buy something brand new to wear or put on your bike for the first time at the MS Bike Tour, never having tested it.

- **HELMET** – When you ride in the MS Bike Tour, it is MANDATORY to wear a (CPSC, ANSI, ATSM, or SNELL) helmet
- **SHORTS** – Cycling shorts are not a gimmick! They are key to minimizing chafing and other discomforts when sitting on the saddle for any length of time. Good shorts have a large, smooth, slightly padded liner (“chamois”). If you don't care for the body hugging look of lycra, opt for the baggie mountain bike style that looks like casual shorts, but still has a liner. Having a loose fit though, could mean that they might bunch during a long ride.
- **JERSEY** – A cycling jersey with 3 rear pockets is handy for carrying snacks, your wallet and other items. Summer jerseys are usually made from a material such as CoolMax® that wicks moisture away from the skin, keeping you drier and more comfortable.
- **GLOVES** – Short finger cycling gloves absorb perspiration for a safer grip, protect against raw spots, prevent blisters and pad your hands to reduce road shock.
- **SHOES AND SOCKS** – Dedicated cycling shoes, either for road riding or mountain biking, are the best choice. Cycling specific shoes have firm soles that let you press as hard as you want without feeling uncomfortable pedal pressure. You can use mountain bike style shoes with or without toe clips and straps or with clipless pedal systems. Plenty of casual riders

simply wear running shoes, but their softness makes them less suitable for longer distances. Socks are important for comfort and sweat absorption

- **SUNGLASSES** – It's best to use a sports model with unbreakable lenses that have 100% UV protection. Styles that have interchangeable lenses can accommodate different degrees of sunlight for the best visibility.