



# What to Pack!

Whether you're a rider or crew member, here's some helpful information to help make your AIDS Ride Wisconsin - ACT 15 ride a success.

## You and your bike need to be "Ready to Ride"!

### Cycling Equipment and Clothing

- Bicycle (Make sure it's in good condition by having it checked prior to the Ride. Don't wait until the last minute to have it tuned up and ride ready. This is the busiest time of year at bike shops; repair lead times can be over a week!)
- Helmet (All riders MUST wear an ANSI, Snell, CPSC or ASTM approved helmet at all times.)
- Front and Rear lights - day or night - always keep them on!
- Bike mirror (helmet or handlebar mounted)
- Spare tubes and patch kit
- Tire boot (a folded dollar bill will also work)
- Tire levers
- 2 large water bottles and/or CamelBak
- Tire pump, frame, mini or CO<sup>2</sup>
- Small wrenches or multi-tool
- Cycling gloves
- Cycling Jersey(s) - high visibility or bright colors
- Cycling short(s) - a fresh pair for each day!
- Cycling shoes
- Cycling socks
- Sunglasses
- Cold weather clothing and/or rain gear (after all, this is Wisconsin!)
- A fanny pack, seat or handlebar bag
- Clamp-style clothespins for route guide/cue sheets

Bicycling accessories and clothing are available for purchase at a discount price at Machinery Row, our ride support sponsor: <http://machineryrowbicycles.com/> When you go to Machinery Row, make sure you tell them that you are participating in "AIDS Ride Wisconsin - ACT15".

Are you a member of the Wisconsin Bike Fed? If not, join now by going to [wisconsinbikefed.org](http://wisconsinbikefed.org). Wisconsin Bike Fed members receive discounts at hundreds of bike retailers statewide.

## Transporting Your Bike

Riders are responsible for transporting their bikes to and from their start and finish locations. Bikes can only be stored if the rider is staying overnight in the building. If you decide not to overnight at Carroll University, you must take your bike home with you. We do not store bikes anywhere other than at camp (Carroll University dorm).

## Transporting Your Clothing and Gear

Each participant is permitted one gear bag, no exceptions. All clothing, gear, bedding, and personal items must fit inside your bag and be packed tightly and securely with a maximum weight of seventy-five pounds. For the safety of our Tent & Gear team, we do not allow the use of bungee cords on bags. We recommend packing lightly and using a large soft-sided duffel bag.

All gear bags MUST be labeled with the participant's name. (Luggage tags work great!)

## Suggestions for Camp (Dorm) Life

Participants who are overnighing at Carroll University will be sleeping in Kilgour Hall. No outdoor camping permitted. Dorm rooms are equipped with twin beds and mattresses, but participants need to provide their own bedding - including sheets, blankets, pillows, etc.

Separate community bathrooms are available for men, women, and transgender individuals. Be sure to pack shower shoes and bring your own supply of towels and personal items such as soap, shampoo, lotion, etc.

## See you at the Ride!

Any questions? Concerns? Shoot me an email or give me a call at [carrie.sweet@arcw.org](mailto:carrie.sweet@arcw.org) or 608.316.8619