

PACKING CHECKLIST



SUPPORTING THE
**ALBERTA
CANCER
FOUNDATION**

THE BIG STUFF

- ☐ Weather proof tent
- ☐ Sleeping bag
- ☐ Pillow & blanket
- ☐ Waterproof mat/rug
- ☐ Phone
- ☐ Tour packet
- ☐ Bike
- ☐ Extra bike tube
- ☐ Tire pump
- ☐ Two water bottles with cages on bike

FOOD

- ☐ Water
- ☐ Gels
- ☐ Energy snacks
- ☐ Electrolyte replacement

EXTRAS

- ☐ Camp bed / air mattress
- ☐ Solar lights
- ☐ Ear plugs

CLOTHING

- ☐ 2 Jerseys
- ☐ Cycling socks
- ☐ Helmet
- ☐ Sweater/jacket
- ☐ Neck gaiter/buff, scarf
- ☐ Underwear
- ☐ 2 pair cycling shorts
- ☐ Towels, washcloths
- ☐ Festival clothes & shoes (Rodeo theme encouraged!)
- ☐ Laundry bag for wet clothes
- ☐ Cycling shoes
- ☐ Cycling gloves
- ☐ Sun glasses & hat

FIRST AID AND HYGIENE

- ☐ Medication, prescriptions
- ☐ Bandages, tape, gauze, elastic wraps
- ☐ Aspirin, ibuprofen, acetaminophen
- ☐ Antiseptic cream
- ☐ Sunscreen, sunburn lotion or ointment
- ☐ Scissors, tweezers, nail clippers, razor
- ☐ Bug spray
- ☐ Chapstick

TOILETRIES

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Soap
- ☐ Deodorant
- ☐ Body spray/perfume
- ☐ Dry shampoo
- ☐ Shampoo & conditioner
- ☐ Butt Butter
- ☐ Towel
- ☐ Hairbrush
- ☐ Hand sanitizer

