

Kyle's Definitive Packing List

This list is geared for camping riders, but it's sectioned off nicely enough that hotel-ers should be able to ignore the camping parts. I would also recommend that you have a bag for each of these groups. You don't want to be fishing around in your bags to find something that you need, or waste a bunch of time re-packing before you roll out every morning.

RIDE EQUIPMENT

Bike!!!

Applicable meds w/ necessary containers

Large bottles x2 (or standard bottles x3)

Repair kit and tools¹

Small bento-style bike bag²

Phone

Tubes x2

Micro pump³

Tail light

Gallon Ziploc with distinguishing markings⁴

Chap stick

Sunblock⁵

Extra replacement parts if proprietary⁶

Small portable charger stick & charge cord⁷

Snack size Ziploc "CCC Ride Wallet"⁸

RIDE CLOTHES

Kits (jersey, bibs/shorts, socks, bandana) in gallon

Ziplocs x~7⁹

Cycle shoes

Gloves

Helmet

Wicking headband (optional)

Warm ride layers like vests, leg and arm warmers¹⁰

Windbreaker (provided at registration)

Sunglasses

Mirror

CAMP EQUIPMENT

Duffle bag/pack

Tent

Tarp or ground mat

Sleeping mats x2¹¹

Sleeping bag

¹ I have one under-seat pouch that has a spare inner tube, a multi-tool, tire levers, lip balm, a couple dollar bills (to serve as a patch for a blown tire in a pinch), and a single-use sunblock sampler

² I use two little pouches on these rides. One is under my seat and has my repair kit mentioned above, the other is a bento-style bag up front that sits on my top-tube behind the stem that I use for food and my backup power supply.

³ I have a little micro pump that mounts to my water bottle cage. It would be a pain to have to actually pump up a tire with it, but this is for emergency use only, so it works.

⁴ The mornings are cold and the afternoons are hot. This means that you will want to strip off some gear halfway through the ride. The AF has historically issued us drawstring bags which will do in a pinch, but I find that a simple gallon Ziploc holds anything I may want to drop with a support van and is easier to re-use because it's easier to carry.

⁵ I usually carry a super small container with me during the day for emergencies. We usually have a sun-block sponsor with some single use envelopes that I keep in my repair bag. We may not have a sunblock sponsor this year.

⁶ Our mechanics will have extra spokes, tubes, tires, and cables. If you have some fancy racing wheels with weird spokes or if your bike requires a special kind of derailleur hanger or something, bring extras. Proprietary parts can be hard to find on a tour.

⁷ I use my smartphone and a Quad Lock instead of a Garmin or other computer. I used to not be able to use the phone for much of anything else to save battery life, but now I bring a little mobile charger stick that I store in the bento box and can charge my phone while I'm on a ride!

⁸ Just bring some cash, a couple of credit cards, your driver's license, and your health insurance card.

⁹ You only truly need about 3 full kits as you can do laundry in a few of the camps, but I hate doing laundry on trips like this so I like to bring a full kit for each days' ride. Sometimes you have to scrape the bottom of the proverbial barrel for enough shorts or jerseys. Make sure you have your favorites for the long days and save the itchy ones on the short days! Don't forget to account for gear you will pick up at registration in San Francisco.

¹⁰ The cardinal rule for warmth here is "know thyself"! In general, riders really don't need much more than the jacket provided at registration and maybe a set of knee warmers. You may start the morning cold but you'll be fine once you start moving. Having said that, if you know you run cold, bring some more layers. Here, it's better to have it and not need it than need it and not have it.

¹¹ I use two sleeping mats: a thin foam pad on the bottom and an inflatable sleeping mat on top. Two inflatable ones on top of each other will slide around.

EVENING/CAMP GEAR AND CLOTHES

Shoes for camp
Flip flops/sandals for shower and other temporary shoe uses
Day pack (for carrying change of clothes and gear to showers)
Socks x0 (just use the next day's ride socks)
Underwear x4
Pants x2
Shorts x2
Shirts x3 or 4
"Dirty clothes" bag
Pajamas or equivalent¹²
Hoody/sweatshirt
Beanie/watch cap
Swimsuit (for pools/beaches/hot springs)
Flashlight
Headlamp
Extra batteries for light(s)
Camp first aid/repair kit¹³

DOPP KIT/SHOWER ESSENTIALS

Hanging bag/kit for these items
Toothbrush
Toothpaste
Soap for shower
Quick drying camp towel¹⁴
Floss
Q-Tips
Aloe gel/lotion in case of sunburn

¹² I don't usually sleep in flannel pants at home, but I do on the ride.

¹³ Just a good ol' fashion essentials kit in a quart Ziploc that you probably won't use (Band-Aids, cream, a little wire, duct tape, pain-killers, etc.)

¹⁴ Small "swimmer's towels" or "cooling towels" work great because you can store them wet. You can get small ones for under \$10.

OPTIONAL ITEMS:

Garmin device
Small binoculars (w case)
A couple of extra 1-gallon Ziplocs
Permanent marker
Camera (case, battery, memory cards, charger)
GoPro (w case, batteries, memory cards, mounting gear and charger)
The other charge cord
The OTHER charge cord
Small book to relax with¹⁵
Quarters for laundry (~\$10)¹⁶
Zip ties (always handy)

HIGHLY OPTIONAL: RECOVERY¹⁷

(While I strongly recommend this, only a couple of riders actually do it)
Protein powder recovery drink mix (with scoop)
Shaker cup
Sponge & small soap to clean shaker cup

FOR THE FAIRER SEX

Hair ties
Second towel for drying hair
Tampons/pads
Personal grooming supplies¹⁸
Bag balm¹⁹
Face wipes/makeup remover²⁰



¹⁵ While I usually bring a book I never get around to actually reading it. You will find that you're only going to read if you have trouble sleeping. Even though you will be very tired, your body will be very confused and you may have trouble getting to sleep.

¹⁶ I don't do laundry, but I tend to bring quarters to provide them to other campers at favorable exchange rates!

¹⁷ I bring my own protein powder recovery drink mix and a shaker cup. We may have protein recovery drinks in camp this year but we haven't in the past. Even if we do have it, it will likely be whey or dairy proteins which don't sit well with me. I like soy protein and I have my favorite stuff, so I bring that. You will often find me in camp with a chocolate soy protein drink in a shaker cup in one hand and a beer in the other!

¹⁸ There will be outlets for hair dryers and the like. Some women feel more comfortable on a hard ride with make-up.

¹⁹ This stuff is for repair purposes. It's a lanolin product, so it's a little greasy for everyday use. Opt for the Paceline Butt'r packets provided by our sponsor for regular use. If you get a bad rash or chafe, this Bag Balm stuff will save your tour. I would suggest storing in a Zip-Lock to protect the rest of your gear.

²⁰ This stuff is great for removing sweat and road grime while you're waiting to get cleaned up.

THINGS TO **NOT** BRING ON THE CCC

I've over-packed on some things in the past and I don't plan on repeating those mistakes this year!

- Foam roller or massage roller (they will have these by the massage tent)
- Favorite energy drink powder (the powder provided at all of the rest stops is plenty adequate and whenever I bring my own it just makes a sticky mess in my pack)
- Favorite energy bar (same as above; packing your own takes up too much space. Maybe a few for Day 1 but that's it)
- Fresh change of clothes for every day (when you roll in to camp you will immediately shower, so you're going to be clean in clean clothes. Only bring a couple of shirts and pants for the evenings)
- Laptop (leave work at home!!!)
- Extension cord/power strip to help the charging situation. Team ViaSat has us totally covered here! All you need any more is your charger as there are now plenty of outlets.
- Camp chair (Each year I've meant to bring one and forgot it, only to remember that I didn't need it. I've never had a problem finding seating on this event.)
- Bike lock (You don't need it. The bikes are locked at night and we watch each other's gear on the ride. Leave the extra weight at home.)
- Bottle of chamois cream/Butt Butter (there will be plenty of this. Don't bring your own tube. You don't need it or the risk that it will blow up in your bag!)
- Baby wipes (for preparation of surfaces for the above item. Same goes here. There will be plenty of these.)
- THESE DAMN BIKE SUITCASE THINGS! FIGHT THE URGE TO BRING THESE! Whatever you're carrying in here, you don't need it. This is going to throw off the balance of your bike and add a bunch of weight in crap you don't need. Leave it at home!!!!



FIGHT IT!
Don't bring this!
It's too bulky and heavy. Use your jersey pockets!!!