

2023 TWV CENTURY RIDE – PACKING LIST

Emergency Medical Form

- Provide two (2) copies signed in ink
- Print form from “**Personal Emergency Medical Information.pdf**”
- Label the envelopes: “**Medical Emergency Information for: (your name)**”
- **NOTE:** All envelopes will be returned to you after the ride

Overnight Bag

- Clothes for dinner (casual)
- Shoes
- Light jacket or sweater for the evening
- Additional riding shorts/socks/hat for Sunday
- Toiletries (and ear plugs)
- Swimsuit for hotel pool
- Flip Flops
- **Old beach towel** to protect your bike from scratches while in transport
- **Noise Makers/Signs** to cheer on the runners for Sunday

Gear for Ride

- Bike readiness
 - Tire condition
 - Tire pressure
 - Chain cleaned and lubed
 - Brakes tested
 - Gears working properly
- Clothing
 - Helmet
 - Gloves
 - TWV jersey or other cycling jersey with pockets
 - Bike shorts or bibshorts
 - Bike shoes
 - Bike jacket (if it rains)
 - Layers for cold weather
 - Arm warmers, leg warmers, wind vest, packable jacket, neck gaiter, base layer, full-fingered gloves
- On-the-Bike
 - Water bottle(s)
 - Spare tube
 - Patch kit
 - Mini pump or CO2 cartridges (16g)
 - Multi-tool
 - Tire levers
 - Blinking front and rear bike lights
 - Packable snacks (or you can take some of **Emilio’s homemade snacks** from the van)

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- Personal
 - Sunscreen
 - Chapstick
 - Sunglasses
 - Gum
 - Ziplock with Personal Emergency Medical Information
 - Cell phone
- Miscellaneous
 - Spare tires
 - Spare wheels
 - Beer to celebrate when we get to the end of the ride
 - Can put in the ice chest in the van

Money

- Credit Card for miscellaneous expenses and hotel
- \$\$\$ for dinner on Saturday night
- \$\$\$ for breakfast on Sunday morning