

## Gold Star 500 Participant Packing List

<u>Item</u>	<u>Suggested Quantity</u>	<u>Recommended/Required</u>
Tote (All gear must fit in individual tote)	1 ea	Required
Cycling Shorts	2 pr	Required
Cycling Jersey	2 ea	Required
Cycling Socks	4 pr	Recommended
Cycling Gloves	2 pr	Recommended
Cycling Helmet	1 ea	Required
Cycling Shoes	1 pr	Recommended
Chamois Cream	1 tube	Recommended
Water Bottles	3 ea	Required
Eye Protection	1 pr	Recommended
Spare Tubes	3 ea	Required
Multi-tool	1 ea	Required
Front Lights	1 set	Required
Rear Lights	1 set	Required
Spare Batteries or Chargers	3 sets	Required
Sleeping Bag	1 ea	Recommended
Appropriate Sleeping Clothes	1 set	Required
Personal Hygiene Kit	1 kit	Required
Casual Clothing for Evening		Recommended
Shower Shoes	1 pr	Recommended
Bath Towel	1 ea	Required
Personal Medications		As prescribed
Cell Phone w charger		Recommended
Personal Performance Nutrition		As desired
Cash for Personal Incidentals		Recommended

\*Mechanical support will be available through-out the entire ride. Mechanic will be able to assist with adjustments, tire repairs, lubricant, chain repairs, and other mechanical challenges. Your bike should be in sound mechanical order at the start of the ride. Do not show up and expect a full tune-up for your bike to rideable. You will suffer on a mechanically un-sound bike.