

What to Pack for your Cycling Weekend

We recommend you use backpacks, duffel or similar soft-sided small bags. Suitcases are too large and too heavy to be easily loaded by the volunteers. Also, be sure to choose luggage that is waterproof. If it's raining, we try to keep your bags as dry as possible, but there is a chance your luggage could still get wet. Also, be sure to pack carefully to avoid any potential for damage while your luggage is loaded and unloaded.

What to wear:

Helmet (REQUIRED. No exceptions. No sharing.)

Cycling apparel (shorts/tights, jersey, gloves, shoes)

What to bring with you on your bike:

Sunglasses

Sunscreen

Aspirin

Lip balm

Light jacket

Rain gear

(2)-24 oz. Water bottles

Pump and patch kit including a spare tube

Vaseline

Kleenex

Any prescription medications (also list them on your bib)

Spending money

Picture I.D.

What to pack in your luggage:

Changes of clothes and shoes for Saturday evening and Sunday afternoon

Swimsuit (if you plan to swim at UW-Whitewater)

Towel and washcloth

Shower shoes

Toiletries

Sleeping bag and tent (if camping outdoors)

Pillow and linens for dorm beds at UW-W (linens are also available to rent through UW-Whitewater)

Alarm clock (cyclists must be on the road by 8:30 a.m.)

Spending money

Please keep in mind you are only allowed two pieces of luggage, and you will need to transport anything exceeding the two-bag limit yourself.