

# PACKING LIST

Bike to the Beach will transport your luggage/suitcase for the day (one backpack or duffel bag for each of our riders). We will have a drop-off location at the starting-line and a pick-up location at the finish line.

## BAG DROP RESTRICTIONS

Luggage must have provided rider number tag attached to bag

- Luggage cannot exceed 20 lbs.
- Do not attach items to the outside of your luggage
- Each participant is limited to 1 piece of luggage

## PACKING LIST – REQUIRED

100-mile participants must have these items when they arrive the morning of the ride.

- Water bottle
- Rear red blinking light (for AM portion of ride)
- Front white headlight (for AM portion of ride)
- US CPSC-approved helmet
- At least one spare tire tube

## RIDE DAY PRODUCTS IN OUR STORE

We offer a range of items in our store to help you get ride-ready and showcase your support for our cause. Featuring a fun and vibrant "Bike to the Beach" theme, our products are perfect for cyclists who want to ride in style.

Click here to browse:

<https://shop.biketotheseach.org/collections/ride-day-products>

## PACKING LIST - RECOMMENDED

On Person:

- Bike to the Beach Jersey (provided with packet)
- Sunglasses
- Cellphone and charging cable (in a Ziploc® bag to carry with you)
- Extra water bottles (two are recommended)
- Cycling shoes, shorts, socks, and gloves
- Head lamp and taillight
- Identification, money, credit card, health insurance card
- Needed medications
- Diet specific food and nutrition
- Saddle bag with tubes and repair kit
- Portable hand/CO2 bike pump
- Handlebar bag (to keep your phone, food, shades or cue cards within an easy-to-reach location)

In Luggage:

- Trash bag in your luggage to pack items, in the case of rain
- Clothing to change into after the ride
- Bike to the Beach Ride Guide
- Keys for car and home
- Towels



Bike to the Beach Power Bank



Bike to the Beach Trek Voda 21oz Water Bottle