

RAGBRAI Stuff – What to pack? Here are many suggestions...also pack everything in ziplocks

Clothes

biking shorts-3
jerseys /loose tee-shirts white or gray-7
pajamas
regular shirts to wear around campsite-6
regular shorts to wear around camp site-3
socks
sweat shirt
undergarments
wind breaker pants/knit running pants
shower sandals - optional

To Have While Biking

\$\$\$- \$25-30/day/person

addresses
ALTOIDS
baby wipes
cell phone/charger (car type)
arm warmers
gloves
hair brush
hair tie
helmet
insurance cards
jacket/rain poncho
lip balm
sunglasses
sunscreen
chain lube
tools
tubes
ziplock bags for ID on ride
bike sandals (bike shoes optional)

List originally generated by Marsha Parker

Bathroom Needs

3 thin towels (dry quicker)/1 loofa
A and D ointment
butt butter
contact stuff
deodorant
face cleanser
hair brush
hair dryer - optional
hair ties
meds
retainer w/case
shampoo/conditioner
soap/shower gel
tooth brush/tooth paste
unmentionables
lotion
hair gel
spare contacts or glasses

Misc.

clothes pins/clothes line
flashlight/lantern
Hammer for tent stakes
insect repellent
lawn chairs
mats for under sleeping bag
pillows
sheet&/or sleeping bags
flashlight
swimming suit/goggles/cap
tent/tent stakes
wet wipes/hand sanitizer
insect repellent
cell phone charger

We (the **Spoke Folk Bike Club**) own a shower tent that is usually set up at our camp site. We also own several 5 gallon shower bags that are filled at camp, set in the sun, and available for **Spoke Folk** to use. One 5 gallon bag is usually good for about two showers. If you want to buy your own bag to add to the pool of bags, Amazon looks to be a cheaper source right now than W*Mart. Google '5 gallon solar camp shower' for more information.