

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

Table of Contents

REGISTRATION.....	2
ACCOMODATIONS.....	4
IN CAMP.....	6
ON THE ROAD.....	7
HYGIENE AND SAFETY.....	11
FOUL WEATHER.....	12
EMERGENCY INFORMATION.....	12

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

Welcome to the RIDE THE CLOVER Rider's Guide!

These pages are filled with information to help you plan to have a great ride in Stroud, Oklahoma. Review the table of contents, note the information that's included, and dive in. We hope you'll find all the answers to your questions. If not, email us at Oklafreewheel@gmail.com.

REGISTRATION

You've probably already registered if you're reading this guide. If you haven't, you can find all the information you need to register online at RidetheClover.com. Full and single day options are available and non-riding friends or family members are welcome to register and join riders at camp.

What You Can Expect from Freewheel

Your paid registration includes the following:

- Showers and portable toilets, supplemental to the host community facilities (INCLUDING Day Zero!)
- Route maps
- Event dinner and celebration on Friday night
- SAG support each day
- Rest stops will have water, fruit, and snacks
- Locally designed and screenprinted event shirt
- Starting Packet (Information, maps, bike tag, etc.).
- Marked routes
- Camping space (outdoor and indoor camping)
- Mechanical support on the route and in camp from our sponsor bike shops

What Freewheel Expects from You

- Be prepared to ride every mile of every day that you plan to ride during RIDE THE CLOVER
- Bicycle cleaning must be outside!
- Obey all traffic laws
- Request a SAG ONLY when injured, unable to ride, or when mechanical problems leave you afoot
- Be courteous and respectful of others, whether on the road or in camp
- Have your bicycle in good condition when you begin the ride
- Ride safely and encourage others to do the same
- Maintain a positive attitude when the unexpected occurs
- Practice good hygiene at rest stops and in camp

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

RIDE THE CLOVER CANCELLATION & REFUND POLICY

Rain or Shine Event

Cancellation of Event by RIDE THE CLOVER due to Acts of God or other Force Majeure Event, all registration fees are forfeited and will not be refunded by RIDE THE CLOVER. (Encourage rider Event Insurance)

No refunds are granted after the event.

Registration / Transfer Policy:

- You may transfer your registration to the following year without incurring any fees or penalties by June 10th. You are only allowed to transfer a registration once. Refunds will not be granted to a transferred registration once registration has opened for the following year's tour.
- You may transfer your registration to another rider prior to the event

Refund Policy:

- For refunds prior to the event, please contact Oklafreewheel@gmail.com

Oklahoma Freewheel Merchandise

- **All transactions are final**
- **No refunds will be granted**
- **Exchanges**
 - o No exchanges of special-order items
 - o Exchanges limited to on hand stock only
 - o Please contact Jean Perry, Event Director, at oklafreewheel@gmail.com

Packet Pickup

Packet pickup will be at the **Route 66 Coliseum Center, 1086 E. Seventh Street, Stroud, Oklahoma, 74079** on the day you join the ride.

Wristbands

All registered riders are fitted with wristbands at time of packet pick up. Wristbands - to be worn on your wrist only - are required to receive RIDE THE CLOVER-supplied services including Rest stops, accommodations (tent area or indoor), restrooms and showers, Friday night dinner, host community entertainment, and any discounts or other activities provided by host communities.

Wristbands will NOT be in the rider packets but are fitted at packet pickup when you join the ride.

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

Registered nonriders are also required to wear wristbands.

Non-Rider Registration

Non-riders accompanying registered RIDE THE CLOVER riders **MUST also register and receive a wristband.** There is a reduced charge for non-riders for their access to and use of services in camp and their participation in the Friday night meal and celebration.

Non-Rider Travel on LOOP

Having non-riders travel routes other than the RIDE THE CLOVER route is intended to reduce vehicle traffic on the route, thus improving rider safety and adding to the enjoyment of the ride for all participants. Non-riders who are not serving as Official RIDE THE CLOVER SAGs **MUST** travel alternate routes rather than to Rider routes. The routes will be available on the website and created via RidewithGPS.com.

Private SAGs are not allowed on the bicycle route. Riders accompanied by private SAGs who drive on the RIDE THE CLOVER route may be asked to leave the ride and will forfeit access to all RIDE THE CLOVER services.

ACCOMODATIONS

Tent Camping - Oklahoma Freewheel is primarily a camping tour.

Most riders bring their own shelter and camp in a "tent city" located on the Coliseum grounds near shower, toilet and other facilities. Clean and convenient port-a-johns are provided to supplement facilities.

In case of severe weather, the High School building next door to the Coliseum has emergency facilities available. Plans are in place to evacuate campers into the high school should severe weather threaten.

Indoor Camping

Indoor Camping is available in specific locations within the Coliseum. The main floor/basketball court in the Coliseum is OFF LIMITS to ALL. **PLEASE RESPECT THE LIMITATIONS REQUIRED BY THE STROUD SCHOOL SUPERINTENDENT OFFICE.**

Motel/Hotel

Motel/hotel accommodations may be available in Stroud and the surrounding communities. Contact the local Chambers of Commerce for information on availability and location of such facilities to make your own arrangements.

What should I pack?

revised 05/2025

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

Most folks manage the ride with an amount of gear that would fit in a standard army duffle bag; that's roughly 20 x 36 inches or a little more than 10,000 cubic inches. Some people bring more; many bring less.

Check [Nickie's Packing List 2.0](#) at the end of this Guide for an exhaustive list of potential items to bring. This list is not suggested as an item-for-item packing list but will help you think about what you might need without forgetting something important (ear plugs?).

Select the items you need, prepare your own unique packing list, and leave the rest behind. Remember, you won't be traveling through the wilderness. There are stores in communities along the route where you can purchase most items you might need other than cycling- or camping-specific equipment.

Some folks get by with a single change of clothes and sleeping gear, washing their riding gear each night for use the next day. Others bring fresh riding clothes for each day, chairs, queen-size inflatable mattresses, and more.

E-BIKES

You are required to lift your bike, make sure it fully charged, and be able to complete the day's ride under your own power in the event of battery depletion. We will still Sag, but if we have 100s of E-Bikes down because of battery depletion, that will be a tough challenge. We will accommodate on a best-efforts basis.

MEALS AND REST STOPS

You are responsible for ALL your meals except for dinner on Friday evening.

What you'll spend

A good rule-of-thumb for out-of-pocket meal expenses is \$30-\$50 a day. Some folks spend more; some spend less. Don't plan on losing weight, **keep your body fueled!**

What's available

Food is generally available from numerous sources along the route each day. Routes are planned so that community services or a RIDE THE CLOVER rest stop is available every 12-18 miles along the route. These Rest stops are often located in areas where no commercial services are available for some distance. Registered riders wearing wristbands have access to free fruit, water, and other items at these stops. Rest stops are indicated on each day's route map, and any changes are announced at the camp meeting each evening. Although rest stops

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

or commercial services should be available at 12–18-mile intervals, unforeseen circumstances may result in a longer distance between services.

Always carry a snack and water, preferably two bottles. Whenever there's an opportunity, fill your bottles.

Breakfast will be available in Camp provided by a caterer. PLEASE BE SURE TO SIGN UP AND PAY ON BIKE REG FOR THE DAYS YOU WOULD LIKE BREAKFAST

IN CAMP

Camp Courtesy

Follow these few simple rules of camp courtesy to ensure a harmonious RIDE THE CLOVER experience (for you and everyone else):

- Pick up trash; both yours and any that may be around you - leave the campground cleaner than when you arrived.
- Quiet time is dark 'til dawn (10:00 pm to 6 am) - **this means no radios, TVs, partying or loud talking in the campsite;**
- if you wish to carry on a conversation with someone or on your phone, be considerate of those around you who are trying to sleep.
- If you're driving an RV, park away from the camp - Designated areas are provided for generator use.
- Remember, zippers can make a lot of noise at 4 am. Please be considerate of those still sleeping around you. Rise and pack quietly if you get going early.

Showers and Toilet Facilities

Shower facilities provided by MOBILE MISSIONS will be made available at the campsite beginning Wednesday evening.

In addition, there will be shower facilities available inside the Coliseum. **PLEASE BE SURE THAT YOU PICK UP AFTER YOURSELF WHEN USING THESE FACILITIES.**

Portable toilets will be available at the campsite in addition to indoor toilet facilities. They're kept clean and stocked with paper. Be mindful of the sound of the door closing if you use the facilities during the night. Please be mindful of where you wash your clothes.

Camp Meeting

Announcements are made each evening at the camp venue , including Wednesday evening before the ride begins. Updates on the next day's route, rest stops, and other information of interest are shared. **You are responsible for attending these meetings.**

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

Bike Repair

Mechanical support is available along the route each day and in camp each afternoon and evening until 7 pm. Several bike shops accompany riders throughout the event at their own expense. Expect to pay reasonable prices for parts and supplies and don't forget the tip jar! We're lucky to have these folks along and encourage you to show your appreciation for their service.

Be sure it's in good condition and that you bring along replacement parts for anything that might malfunction. Similarly, if your bike is unique in some way or has non-standard spokes or other parts, you might consider bringing along a spare or two.

Massage Services

A Massage therapist will be available for hire each afternoon and schedule appointments well into the evening hours.

Security

Though RIDE THE CLOVER is not responsible for lost, stolen, or damaged items, we don't wish anyone to experience any of these problems. Stroud is providing extra Police surveillance during our stay to help us to feel secure. Exercise normal caution and care when leaving your bicycle or camp area unattended. We have not experienced problems with loss or theft, but that's no guarantee. Use your own judgment regarding locking your bicycle while on the ride.

ON THE ROAD

Course hours - 8 am until 4pm daily

Support services on the road are available daily from 8 am until 4 pm. Riders depart on their own schedule each day. Riders who elect to leave prior to 8 am do so at their own risk and should have appropriately equipped bicycles. Oklahoma State law requires that bicycles have a rear red light and a front white reflector when traveling at dawn, dusk, or during the night. Bright clothing is also suggested for riding in low-light conditions or after dark.

Safety

Local law enforcement along our route is alerted to the RIDE THE COVER schedule and generally assists in monitoring safety when riders are passing near or through their communities. We also ask that local law enforcement help us provide a safe route. Obey traffic laws and be a good ambassador of cycling

revised 05/2025

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

whether on the road or in a host community. Take particular care in supervising any child or teen companions. Parents and guardians are responsible for their youngsters and should keep them close throughout the ride, both on the road and in camp.

Riding Safely and Courteously in a Group

Your ride, and that of other Freewheelers, will be more enjoyable and less likely to include accident or injury if you follow these guidelines:

- Wear a helmet whenever riding your bicycle; on the road, around camp, and in the communities.
- Obey all traffic laws. Bicycles are subject to citation by law enforcement officials for violating state law or city ordinances while on Freewheel, just as they would be at any other time.
- Keep in mind that your cycling is your advocacy. The way you ride demonstrates to motorists the treatment you expect - Ride like a vehicle to be treated like one.
- Never ride more than two abreast and share the road. Ride single file when other vehicles need to pass. If sufficient room is available to ride two abreast, please do so without endangering you, other drivers, or other cyclists.
- Ride in a predictable manner (in a straight line) and never ride in the lane of oncoming traffic except when passing safely.
- Do not draft behind motor vehicles.
- Pace-lines are discouraged in areas where vehicle traffic, including bicycle traffic, is high. Pace-lines should be limited in number to avoid traffic congestion and reduce the potential for accident and injury. The recommended maximum number of riders in any pace-line is seven.
- Call out and/or signal, as appropriate, to alert other riders when you
 - 1) Intend to pass ("Passing," or "On Your left"),
 - 2) Intend to turn,
 - 3) Are slowing or stopping ("Slowing" "Stopping"),
 - 4) Become aware of a hazard ahead ("Hole" "Glass"),
 - 5) When there are cars approaching from the back, front, left or right ("Car Up" "Car Back" "Car Left" "Car Right").

Do not call "Clear" at an intersection. Riders must determine for themselves when it is safe to negotiate a turn or pass through an intersection. This is one instance when not communicating is preferred. Feel free to call "car left" or "car right" at an intersection to alert riders of oncoming traffic.

SAG Support

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

Volunteer drivers offer SAG support along the route each day to transport cyclists as needed due to mechanical issues or injuries. They also carry water and generally have a floor-pump handy for those repairing a flat along the route. SAG drivers are NOT always mechanics - be prepared to repair your own bike.

If you need assistance from a SAG, pat your head or helmet. This signal lets passing vehicles know you need help and are not simply waving at passersby.

*NOTE: If a minor under the age of 18 needs to board a SAG vehicle, they MUST be accompanied by the adult traveling with them. SAG occupants are NOT taken directly to camp when picked up. SAGs will take you to the next designated rest stop, where you must wait for the next available SAG to take you further along the route. The final SAG will sweep the route at 4 pm every day; **if you decide not to take that SAG and you are still on the route, then you are on your own getting into camp.***

SAGs are not intended for use by riders who are simply tired and should not be viewed as a service to be used for anything other than mechanical or health related reasons. Lack of training or poorly maintained bicycles are not good reasons for frequent use of the SAG services provided.

If you abuse the SAG privilege you may be asked to leave RIDE THE CLOVER.

Private SAGs are not allowed on the bicycle route.

Riders accompanied by private SAGs who drive on the RIDE THE CLOVER route may be asked to leave the ride and will forfeit access to all RIDE THE CLOVER services.

Mechanical Support

Mechanical support from several bike shops is available both on the road and in camp each day. The shop vans/cars/pickups cruise the route looking for riders who have mechanical problems. Signal SAGs by patting the top of your head or helmet to let them know you need assistance. Please note, not all SAG drivers will be able to provide mechanical support.

Mechanics prefer to make basic repairs on the road, so don't feel like you need to limp into camp to get assistance. Cyclists are responsible for any charges associated with parts or repairs. And, even if they don't ask for payment, expressing your gratitude and feeding the tip jar is customary and will ensure participation from our state's local bicycle shops in the future.

Rest Stops

revised 05/2025

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

Communities along Freewheels route may provide riders with opportunities for refreshment and for lunch whether at a designated Rest stop provided by a local school, church, or community group or at commercial food services in larger communities. We try to design the route with commercial services or a RIDE THE CLOVER rest stop every 12-18 miles. At least Three rest stops are provided each day with fruit and water for riders at no charge.

Riders are encouraged to patronize local cafes, restaurants, or convenience stores in the communities we pass through. Daily route maps identify Rest stop locations but are subject to change. Any changes for the following day are communicated at the camp meeting each night. Riders, however, should always keep their water bottles filled and carry a snack for times when a rest stop is missed or is a bit farther along than you expected. SAGs will also have water if you find yourself in need.

Be sure to carry enough money to purchase your lunch and any additional snacks or beverages you want each day.

SAFETY NOTE: Riders must move themselves and their bicycles completely off the road when they stop, whether for rest stops, lunch stops, or simply when you stop to take a drink or rest. Congestion and confusion at rest stops can result in unnecessary accidents. Be especially alert when stopping on, leaving, or re-entering the roadway.

Weather

Oklahoma weather in June can range from pleasant to quite warm. Occasionally, during and after a thunderstorm, it can be quite cool. Though average temperatures in June can be around 90, upper 90's are not uncommon. Be very careful not to become dehydrated. Drink often and keep your water bottles filled. Also be sure to bring and use sunscreen! Summer showers or thunderstorms are likely during the week, so carrying rain gear is strongly advised when the forecast suggests rain. Rain can also bring cooler temps in the 50's and 60's. Pack accordingly and plan each day. And "... where the wind comes sweeping down the plains..." isn't part of our state song just because it fits the rhyme! Winds are common (constant?) and generally from the southwest during June in Oklahoma, hence the south-to-north route Freewheel normally traverses. Get used to it (be prepared for it!).

Freewheel continues, rain or shine, blustery or calm, so be prepared to pedal in any conditions. In the event of hazardous weather, take shelter as appropriate. In a community, take shelter in a building such as a convenience store, community center, or church.

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

If you are in the open and lightning threatens, get off your bike, squat with your feet and knees close together, balance on the balls of your feet, bend forward and cover the back of your neck with your arms. In the event a tornado is approaching and you're in the open, find a low area away from trees that is unlikely to flood and lie flat on the ground.

Emergencies

In case of an emergency along the route, first call 911. Most areas of the route will be within coverage. A second option is to call the nearest police department or flag down a SAG vehicle, other riders, or any motorist or resident along the route. Dial *55 on your cell phone to reach the Oklahoma Highway Patrol. All emergency numbers can be found on the daily route maps.

To signal distress to an oncoming SAG vehicle, pat the top of your head or helmet with your hand. Freewheel SAGs recognize this as a request for help, whether mechanical or health related. If a rider is injured and cannot be safely moved from the road, direct traffic to prevent further accident or injury.

HYGIENE AND SAFETY

Rest Stop and Camp Hygiene

The facts: washing your hands is the best way to stop germs from spreading. This isn't rocket science but "wash your hands" may become the new mantra of event cyclists after several cross-state tours suffered significant numbers of illnesses on their rides over the past few years. So, what can you do to stay well and prevent others from getting ill on Freewheel? Glad you asked...

- Remove your gloves at rest and lunch stops. This is an expectation on RIDE THE CLOVER and something we require from our riders.
- Wash your hands frequently or use hand sanitizer when available, especially before taking food at rest and lunch stops and before filling your water bottles.
- When you can't wash your hands, use waterless cleaner/sanitizer to clean your hands before handling food or drink.
- DO NOT put your hands in water or ice containers to fill bottles or hydration systems.
- Encourage others to practice good hygiene for your and their benefit.
- Bring more than one pair of cycling gloves and wash them at night.
- Do not launder your clothes in the showers or sinks.

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

FOUL WEATHER

Take shelter when appropriate

With nighttime lows just before sunrise in the upper 60's, most find that a light sleeping bag or fleece blanket or bed sheet is often adequate for a comfortable night's sleep. Summer showers or thunderstorms are likely during the week, so rain gear is strongly advised. Even if you elect to ride without rain gear, you'll want rain protection while in camp. A compact umbrella in your bag may be a wise addition to your packing list. In the event of hazardous weather, take shelter as appropriate. The host community has locations identified for riders to take shelter in the event of inclement weather, so make yourself aware of how to reach that site from your camp area should conditions warrant during the night. If you have opted for texting alerts you should receive a text when inclement weather is approaching, and where the host community's designated storm shelter is located.

EMERGENCY INFORMATION

Emergency Contact Information

It's a good idea to arrange a time when you will call your family to check in and find out if they have any messages to convey. It will be much easier for you to reach them while on the road than for them to reach you unless you carry a cell phone with a plan having coverage along our route.

Medical Emergencies

Your actions will be different depending on where and when an emergency develops. Your first action, if conditions warrant, should be to get someone to contact first responders by dialing 911. In addition, take the following steps to protect the injured and get assistance:

In Camp: Take the injured party or send someone to the Freewheel Trailer or the community Information Area for assistance.

On the road: Signal a SAG or other passing vehicle by patting the top of your head/helmet. If a rider is injured and cannot be safely moved from the road, direct traffic to prevent further accident or injury. Administer first aid if you are able and qualified and await assistance.

Host communities will designate a shelter area in the event of the possibility of inclement weather. Be sure you know the location of the shelter area and how to get to it.

Personal Identification

You should carry your driver's license and medical insurance card, or photocopies of them, with you on your person. Several commercial ID products are available ranging from bracelets to shoe tags (i.e. [Road ID](#)). Any ID and medical

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

information that is ON YOUR BODY will be more likely found in the event of an accident than will information in a bike bag. One of these ID products can be a very worthwhile investment. Information should include your full name, contact information for someone who is NOT on the ride with you, blood type, drug allergies, and any unique medical conditions that might affect treatment decisions such as heart conditions, diabetes, etc.

Parents and/or guardians traveling with minors should have appropriate information available identifying them as authorized to make care decisions on behalf of the minor. You should carry this information with you in addition to your own ID information.

KIDS - REGISTRATION, ON THE ROAD, SPECIAL CONSIDERATIONS

Registering Minors

All minor riders must be registered. The minor needs to be aware of their responsibilities and the inherent dangers of participation in a bicycle ride such as RIDE THE CLOVER. Additionally, a parent or authorized adult who will be riding with the minor must sign the minor's registration form.

Non-adult Riders

Minors must be accompanied by their parent, or the authorized adult who signed their registration form, while they are riding the route. The parent or authorized adult is entirely responsible for the safety and behavior of minors under their supervision.

Special Considerations for Minors

Parents and authorized adults are responsible for the care and comfort of minors under their supervision. Young children can be particularly sensitive to heat, dehydration, sun exposure, and just plain boredom if they are not accustomed to riding for long periods.

NICKIE'S PACKING LIST

Nickie Hall-Hensley, a veteran of Oklahoma Freewheel since the inaugural event in 1979, has developed an exhaustive packing checklist for riders. If you review this list as you prepare your own list, you're unlikely to leave behind any essential items. Starred items (*) are suggested to be included on your bike whether in a jersey pocket, under seat bag, trunk or handlebar bag.

RIDE THE CLOVER

OKLAHOMA FREEWHEEL

RIDER'S GUIDE

NICKIE'S PACKING LIST 2.0

Nickie Hall-Hensley, a veteran of every Freewheel since the inaugural event in 1979, has developed an exhaustive packing checklist that has long been an essential resource for Freewheelers. Below is a revamped version. Review this list and add or subtract according to your own preferences. Starred items (*) should be attached to your bike or carried while riding.

Bicycle Equipment and Tools

Bike! Duh! And bike box if you are transporting your bike on the truck. Make sure to get a tune-up a couple of months before the ride so that any kinks can be worked out in time!

Flashing tail light, Headlight, and Reflectors*

Pedals*

Water bottles / camelbak (carrying an empty water bottle makes adding ice and water to your camelbak easier!)*

Bike-mounted pump and/or CO2 cartridges*

2 extra tubes*

Seat bag and/or handlebar bag*

Tire levers*

Bike multi-tool*

Small plastic Ziploc*

Freewheel maps*

Bicycle helmet*

Rearview mirror*

Nutrition (protein bar, electrolyte tabs, Gu, etc.)*

Lock (key/combo cable)

Seat cover (or plastic shower cap!)

Floor pump

Camping Gear

Maximum of two bags with Freewheel tags (one duffle and one backpack—with raincovers--work well)

Tent + extra stakes for high wind

Sleeping bag/sleepsheet

Pork rinds

Packable air mattress (e.g., Big Agnes, Therm-a-Rest)

Pillow (or pillow case/stuff sack with clothes)

Flashlight/headlamp/tent lamp

Clothesline and clothespins

Portable camping chair

Durable camping spork/utensils

Tent fan

Trash bag/ziplocs for storing and separating items

Clothing

Cycling jerseys or synthetic Ts (pack enough for the week or a couple to launder)

Cycling shorts (splurge on quality--launder them if you don't have enough high-quality shorts for the week)

Sports bras

Bike gloves

Cycling shoes

Cycling skull cap or bandana

Cycling sunglasses

Rain gear*

Cycling socks (regular socks for in-camp)

Arm warmers

2-4 T-shirts (cotton or technical, UV protected fabrics for the heat)

2 pairs of shorts

Light sweatshirt/pants or technical base layer

7 pairs of underwear

Close-toed shoes

Shower/lake shoes

Swimsuit

Wide-brimmed sun/rain hat

First Aid and Toiletries

Travel-size sunscreen*

Travel-size chamois cream / cornstarch powder

Travel-size hand sanitizer*

Lip balm (with UV protection)*

First-aid kit (Band-Aids, gauze and first-aid tape, alcohol wipes, pain reliever, first aid and anti-itch ointments, antihistamine, etc.)*

Insect repellent

Big foot repellent

Medication (in pill container in sealed plastic bag)

Glasses / contact lenses

Soap

Towel (microfiber camp/travel)

Toothpaste, toothbrush, floss

Comb

Travel-size shampoo and conditioner

Deodorant

Razor

Camp mirror

Nail clippers

Travel-size laundry detergent

Sink stopper

Small shower bag (quick-dry material or plastic bag)

Toilet paper

Baby wipes (for removing chain grease)

Travel-size containers for other miscellaneous toiletries

Documents, Gadgets, and Personal Items

ID (e.g., Driver's license, RoadID)*

Emergency Contact Info*

Insurance Card*

Cash (about \$35/day—many vendors won't accept cards)*

Credit card (including hotline # to call if lost/stolen)*

Cell phone*

Cell phone charger

Travel wallet*

Bicycle serial number (in separate location from bike)

Camera

Elephant

Alarm clock

Ear plugs (share extras with others if you snore!)

Travel sewing kit (dental floss makes great thread if your bag rips!)

Pen and small notepad

Book/magazine