



Cycling Event Packing Guide

All items (excluding cycling equipment) must fit INSIDE your bags each day to be transported. This includes bedding items. Extra space should be left for team apparel and incentives received at orientation as well as other purchases during the trip. There will be opportunities to shop at Walmart and bike shops during orientation and throughout the trip. Mail drops provide opportunities to ship/receive packages during the trip. If you are unsure about bringing an item, wait and decide if you need it during the trip.

Team members who arrive to orientation with oversized or overfilled bags will be required to ship items home or discard of them. Following this list will ensure you are properly prepared.

Bag Guidelines

- 1 Duffle Bag (Strict max of 90 liters, approximately 24" x 14" x 16")
- 1 Backpack (Strict max of 35 liters, approximately 20" x 14" x 8")

Team Apparel

At orientation, cyclists are provided 2 cycling jerseys, 2 cycling shorts and 2 team t-shirts. Crew members are provided 2 team polos and 2 team t-shirts.

Team members will spend majority of time each day in team uniforms. Note: team members are not permitted to wear Ability Experience or Pi Kappa Phi apparel where alcohol is being consumed.

Cycling kits are hand-washed in showers/sinks using antibacterial soap following each day's ride. Laundry services are available periodically throughout the trip.

Clothing and Shoes

- Plain khaki shorts (2 pairs, required for team uniform)
- Belt (Required for team uniform)
- Pair of khaki pants*
- Sweatshirt or fleece jacket*
- Bathing suit
- Collared shirt/polo
- Casual t-shirts (2)
- Socks and underwear (3-5 pairs)
- Closed toe athletic shoes
- Sandals or flip-flops

Bedding

- Sleeping pad or air mattress (Twin size ONLY)
- Compact sleeping bag or blanket
- Compact/camping pillow

Other

Microfiber/travel towel
Razor (Team members are required to be clean shaven everyday)
Lip balm
Chamois cream and/or Gold Bond
Toiletries/Personal hygiene products
Personal medications and prescriptions
Glasses/contacts
Wallet (ID, insurance cards, credit/debit cards, small amount of cash)
Mobile phone with data and cell service
External battery and chargers
Watch
Pen/pencil (Team journals provided at orientation)

Cycling Apparel

Rain Jacket (HV)
Padded, fingerless cycling gloves (HV)
Headband, skull cap or cycling cap
Base layer and/or shell jacket* (HV)
Arm and leg warmers* (HV)
Full-finger gloves* (HV)
Toe/shoe covers*
Ear covers*

Cycling Equipment

Road bicycle (See bike buying guide)
Clip-In pedals (a.k.a. Clipless)
Compatible cycling shoes/cleats (HV)
Cycling Helmet (HV, MIPS safety certification preferred)
Sunglasses
Water bottles and cages (2)
Bike computer (Phones/watches not considered acceptable)
Saddle Bag
Bicycle multi-tool
Tire irons/levers (2)
CO2 inflator or frame pump (CO2 cartridges cannot be checked on flights)
Extra tubes (2-4)
Optional: Collapsible spare tire, patch kit, lubricant, spare spokes (for unique wheels)

Provided Equipment (Don't bring)

Front and rear bike lights
Reflective/florescent safety triangle and ankle band
Pedal wrenches and other bike assembly tools
Floor bike pumps
Bike racks

Prohibited Items

Oversized duffle bags or backpacks
Hydration packs (i.e. Camelbacks)
Helmet or body mounts for GoPro cameras (Must be mounted to bikes)
Triathlon, mountain, cruiser or tandem bikes

Aero bars
Full aero wheels
Bike cases
Double decker or oversized air mattresses
Normal-sized pillows
Cycling kits besides current year's team kit
More than 1 pair of pants
Inappropriate clothing (logos, graphics, etc.)
Formal attire or dress shoes
Large instruments
Expensive technology (Laptops should only be brought if necessary for blogging, videography, online classes, etc.)^

*Strongly recommended for TransAm, recommended for North, optional for South, not recommended for GUF

(HV) We strongly recommend high visibility designs such as florescent colors and reflective materials to increase safety on the road.

^Crew members may be asked to bring their laptop or DSLR camera depending on position.

Notice

Team members are responsible for care and maintenance of all personal items, including bikes. The Ability Experience is not responsible for any lost, stolen or damaged items that team members bring with them. The Ability Experience reserves the right to have team members send prohibited or oversized items home at their own expense.

Depending on route, team members may be asked to check their bike on your flight or ship it to orientation if flying. Unless you are driving directly to orientation, your bike should be packed in a cardboard bike box. Contact your local bike shop or our staff for help.

Attire is business casual for arrival celebrations at the end of events. Team members should have family/friends bring dress clothes to arrival or ship them to last mail drop.