



JOURNEY OF HOPE PACKING LIST

All team members are allowed 1 duffel bag and 1 backpack on the road. All items **MUST** be able to fit in those two bags...
 Duffel bag = max of 90 liters (approx. 24" x 14" x 16") Backpack = max of 35 liters (approx. 20" x 14" x 8")

CLOTHING	Khaki shorts (2-3 pairs) w/ belt loops	Socks and underwear (5-7 days)	<i>Rain jacket (HV preferred)*</i>
	Belt (brown or blue)	Closed toe athletic shoes	<i>Sweatshirt or jacket*</i>
	Casual t-shirts (2-3)	Swim suit	<i>Collared shirt/polo*</i>
	Athletic/casual shorts (1-2)	Sandals or flip-flops	<i>Khaki pants (1 pair)*</i>
BED & BATH	Sleeping pad or twin air mattress	Compact sleeping bag or sheets/blanket	Compact/camping pillow
	Towel (quick-dry camping towel)	Razor & Shaving Cream (Team members are required to be clean shaven)	Shampoo
	Soap / Body wash	Toothbrush	Toothpaste
	Deodorant	Glasses / contacts	Gold Bond*
	Sunscreen	Other personal hygiene items as needed	
PERSONAL	License / ID	Insurance Card	<i>External battery/charger*</i>
	Credit/Debit Cards	Cell Phone	<i>Laptop*</i>
	Personal/Prescription Medication	Charging Cords	<i>Journal and Writing Utensils*</i>
CYCLING APPAREL & EQUIPMENT	Gravel Bicycle	Clip-in pedals ("Clipless" pedals)	Cycling shoes with cleats
	Helmet (MIPS, HV preferred)	Sunglasses	Bike multi-tool
	Water bottles and cages (2)	Saddle bag (should not block bike light)	CO2 inflator or frame pump
	Tire irons/levers (2)	Extra bike tubes (3-5)	Fingerless cycling gloves
	Cycling socks	Sun sleeves	<i>Arm and/or leg warmers*</i>
	<i>Cycling jacket (HV preferred)*</i>	<i>Headband, skull cap or cycling cap*</i>	
KEY: HV = High Viz (i.e. florescent colors and reflective material) <i>Italics*</i> = Not required, but recommended			
<u>Important Notes</u>			
The Ability Experience will provide team members with cycling jerseys and shorts, team t-shirts, and polo (crew members only) at Orientation along with universal team bike tools, bike pumps, and bike racks to use during the trip.			
Safety equipment will also be given to cyclists at Orientation: front and rear bike lights, bike computer, and reflective ankle band.			
It is the team member's responsibility to keep up with all his gear. The Ability Experience is not responsible for any damaged or lost personal items.			
Bicycle insurance is recommended for all cyclists to have during the trip.			
Team members should pack accordingly and responsibly, especially as it pertains to expensive items such as laptops, etc.			
The following items are prohibited and will be sent home:			
Oversized duffel bag and backpack	Any luggage with wheels	Oversized air mattress	
Formal attire and shoes	Any cycling kits other than current year	Full-size pillow	
Hard shell bike case	Clothing with inappropriate images, phrases, etc.	Aero bars or aero wheels	
Hydration pack (i.e. Camelbacks)	Helmet or body mount for GoPro	Expensive technology	

Please do not hesitate to contact The Ability Experience staff with any questions about the packing list.
 Andrew Matznick (Assistant Executive Director of Programs) - amatznick@abilityexperience.org
 Patrick Carlson (Program Director) - pcarlson@abilityexperience.org
 Peter Kowalski (Program Coordinator) - pkowalski@abilityexperience.org



GEAR UP FLORIDA PACKING LIST

All team members are allowed 1 duffle bag and 1 backpack on the road. All items **MUST** be able to fit in those two bags...

Duffle bag = max of 90 liters (approx. 24" x 14" x 16")

Backpack = max of 35 liters (approx. 20" x 14" x 8")

CLOTHING	Khaki shorts (2-3 pairs) w/ belt loops	Socks and underwear (5-7 days)	<i>Rain jacket (HV preferred)*</i>
	Belt (brown or blue)	Closed toe athletic shoes	<i>Collared shirt/polo*</i>
	Casual t-shirts (2-3)	Swimsuit	<i>Sandals or flip-flops</i>
	Athletic/casual shorts (1-2)		
BED & BATH	Sleeping pad or twin air mattress	Compact sleeping bag or sheets/blanket	Compact/camping pillow
	Towel (quick-dry camping towel)	Razor & Shaving Cream (team members are required to be clean shaven)	Shampoo
	Soap / Body wash	Toothbrush	Toothpaste
	Deodorant	Glasses / contacts	Gold Bond*
	Sunscreen	Other personal hygiene items as needed	
PERSONAL	License / ID	Insurance Card	<i>External battery/charger*</i>
	Credit/Debit Cards	Cell Phone	<i>Laptop*</i>
	Personal/Prescription Medication	Charging Cords	<i>Journal and Writing Utensils*</i>
CYCLING APPAREL & EQUIPMENT	Road Bicycle	Clip-in pedals ("Clipless" pedals)	Cycling shoes with cleats
	Helmet (MIPS, HV preferred)	Sunglasses	Bike multi-tool
	Water bottles and cages (2)	Saddle bag (should not block bike light)	CO2 inflator or frame pump
	Tire irons/levers (2)	Extra bike tubes (3-5)	Sun sleeves
	Fingerless Cycling Gloves	Cycling socks	

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