

Please use a marker to label all your belongings—even if you think you will recognize them. Don't forget to label the shorts and jerseys. Please consider packing as lightly as possible. Loading and unloading bags takes a lot of energy and strength!

- RAGBRAI passes
- Route and overnight town maps
- Helmet
- Sunglasses
- Frame pump
- 2 water bottles
- Small tool kit: tire irons, adjusting tools, and patch kit
- Spare tube
- Cycling gloves
- Cycling shorts (2)
- Cycling jersey/T-shirts
- Cycling shoes
- Socks (for cycling and afterwards)
- Camp shoes - something to wear to the showers as well as walking around towns
- T-shirts and shorts (for overnight towns)
- Underwear
- Swimsuit
- Light sweater/long-sleeved shirt
- Windbreaker
- Jeans or long pants
- Sweatshirt
- Poncho/rain suit
- Towels and washcloth
- Toothbrush/toothpaste
- Comb/brush
- Shampoo
- Soap
- Deodorant
- Vaseline, A & D Ointment, or Chamois Butt'r (for chafing)
- Gold Bond talc powder (for chafing)
- First aid cream (Neosporin)
- Band aids
- Aspirin or ibuprofen
- Lip Balm
- Sunscreen
- Aloe Vera gel
- Mosquito and tick repellent
- Wet wipes or soapless cleaner
- Tissues
- Sanitary items
- Razor
- Tent
- Ground cloth
- Air mattress/pad
- Sleeping bag
- Travel pillow
- Nylon cord
- Small flashlight
- Cable and lock
- Large plastic garbage bag for laundry and rain protection
- Small baggies
- Camp chair

Optional: lycra tights, small notebook, pen, disposable camera, bungee cords, nail clipper, safety pins, small knife