

PACKING LIST

Many people say on each tour, "I wish I would have known we needed that!"
PLEASE TAKE TIME TO READ THIS LIST!

BIKE EQUIPMENT - MANDATORY:

- ___ A bicycle
- ___ A helmet that has NEVER been in any kind of accident
- ___ An orange flag
- ___ At least one large water bottle or camelbak (if you don't bring a water bottle you will be **required** to purchase one)
- ___ At least one extra tube in case you get a flat tire or cash for one if renting
- ___ An ID card and your cell phone (for use only in emergencies not for conversations or texting)

BIKE EQUIPMENT - RECOMMENDED:

- ___ Raingear
- ___ Bike bag or camelbak (to carry tube, ID card and money)
- ___ Bike shorts (Will definitely make biking more comfortable)
- ___ Bike gloves (Will definitely make biking more comfortable)
- ___ Any tools, pumps or other bike maintenance items
- ___ Sunglasses (strongly suggested)

CLOTHING - FOR PROGRAMS:

Since there are many ideas of appropriate dress, we have given specific advice on how we would like Spoke Folkers to present themselves:

- ___ Bottoms: Jean shorts and jeans are OK as long as they are clean; Basketball and other "athletic" kinds of shorts as well as "cut-offs" are **NOT** appropriate. If you have to ask yourself or someone else "Are these shorts too short?"- The answer is "**YES**" so please leave them at home. **We have a responsibility to the churches but also to our brothers and sisters in Christ. Don't wear anything that would lead them into sin.**
- ___ Tops: Your Spoke Folk T-shirt is your shirt to use for programs. You will receive two of them in the two different colors. Don't worry about your shirts getting stinky or dirty. You'll only wear them for two hours a night, so as long as you only wear them for programs they won't get too bad!
- ___ Shoes: Tennis shoes are OK but they should be clean (and probably not the ones you biked in all day to avoid offending your friends)

CLOTHING - FOR BIKING:

If you have old t-shirts or athletic clothing that is way out of style, they are PERFECT for Spoke Folk! This will be a great opportunity for you to put final use to them! You are going to sweat and get dirty, so you might as well wear some of your "more experienced" clothing.

- ___ Bottoms: Bike shorts are recommended but gym shorts will be great!
- ___ Tops: T-shirts are great, ESPECIALLY LIGHTER COLORS! Remember that light colors reflect sunlight while dark colors absorb sunlight. Ladies: we don't allow

biking in sports bras. It is a great idea to wear a long sleeve t-shirt in case it rains or you get sunburned.

- ___ Shoes: Tennis shoes. Sandals can be worn if they fasten around the toes AND the ankles, but they are not recommended. Flip-flops are not allowed during biking!

CLOTHING - FOR OTHER PURPOSES:

- ___ Bring some comfortable clothes to wear from post program to before bed-flannel pants, sweatshirts etc....Once again, please remember that modesty is necessary.
- ___ Don't forget basic stuff like socks, underwear and something MODEST to wear to bed.

BEDDING:

Regardless of what bedding you bring, it needs to all fit easily into one bag **that you can close and carry easily.**

- ___ Sleeping bag or sheets and light weight blanket
- ___ Pillow
- ___ Optional-thin foam pad or **small** air mattress (all needs to fit in your bedding bag)

TOILETRIES:

Most, if not all, of your showers will be taken in your bathing suit in the church parking lot with a hose. **Ladies...if you bring make-up, hair dryers, curling irons...etc., you still need to fit it in one of your two bags.**

- ___ Bathing suit (your suit is not meant to make you look good in it, but for use in showering...again modesty is key here)
- ___ **2** towels (with your name or initials)
- ___ Soap (In a container that you can close)
- ___ Shampoo and other hair care products. Small bottles are great for this
- ___ Toothbrush/toothpaste/floss
- ___ Razor and Shaving Gel/Cream
- ___ Deodorant
- ___ Sunscreen-Your own bottle/tube of sweatproof sunscreen spf 15+ (Lotion, Lip Balm)
- ___ Small packet of Kleenexes
- ___ Ladies-Feminine Products

MISCELLANEOUS:

- ___ Your Bible
- ___ A journal book/notebook and writing utensils
- ___ \$5 for laundry money (which will probably be done on the 1st Saturday of your tour, this is required even if you don't wash clothes)
- ___ Spending money-as ice cream/Dairy Queen outings are common on tour.
- ___ Camera
- ___ Some other cash to spend on souvenirs while on the road

THINGS TO KEEP IN MIND:

- **You will be limited to two bags on tour! One for bedding and one for everything else!**

Any other containers like pillowcases, cardboard boxes, or backpack constitutes a third bag. It is OK to bring one so you have it at training, but do not plan on it being transported from church to church. Some of our tours are extremely full and space is limited. There will be a room at the training/homecoming church to store them and anything else you won't need for the whole tour. **Each bag must be easy to carry and must close!** We all need to be able to carry your bag, so don't make it too heavy.

- It's a good idea to put your initials on all your stuff so it is easier to sort after laundry day.
- I will be contacting certain people to bring instruments, if you have any questions, feel free to contact me about that!
- Feel free to bring your cell phone for emergencies only, but know that they **CANNOT** and **WILL NOT** be used as you would at home. You are only allowed to call home every once in a while when you have free time and have asked permission to do so. Texting is completely not allowed and is unnecessary in almost all situations. This is a unique opportunity for you to be intentionally connected to a great community. The people at home will always be there. Connect with the people on tour instead. This group of people will only be in this place once. Don't miss the opportunity by being on your phone. **Counselors will take away phones if they need to!** If you have any concerns about this, please contact the Spoke Folk Director at (651) 238-6761.