

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 (bring your own, ship one, or rent from Spoke Folk)
- ___ A helmet that has NEVER been in any kind of accident
- ___ An orange flag (provided by SF but bring your own if you'd like)
- ___ At least one large water bottle or camelbak (if you don't bring a water bottle you will be **required** to purchase one before biking on tour)
- ___ 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 emergencies while on the bike)

BIKE EQUIPMENT - RECOMMENDED:

- ___ Raingear
- ___ Bike bag or camelbak (to carry tube, ID card and money)
- ___ Bike shorts (Makes biking more comfortable)
- ___ Bike gloves (Makes 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. Practice humility and modesty.**
- ___ 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 around program time. You will change out of the program shirt each night shortly after the program ends.
- ___ Shoes: sandals and tennis shoes are fine. We recommend NOT wearing the same shoes you bike in for programs. Try to avoid flip-flops as they make a lot of unnecessary noise during the program when moving around.
- ___ Hats: No hats during the program unless as part of a skit, sharing, puppet show, etc. Many congregations may find them to be inappropriate, regardless of what your home congregation feels, so we will do our best to respect the congregations we visit.

CLOTHING - FOR BIKING:

Do not dress for exposure or sun. Dress for comfort and modesty.

- ___ Bottoms: Bike shorts are recommended but athletic/gym shorts will be great!
- ___ Tops: T-shirts are great, **ESPECIALLY LIGHTER COLORS!** Remember that light colors reflect sunlight while dark colors absorb sunlight. If you have a bike jersey or wish to buy a couple before tour, they breathe very well and are super comfortable while biking. It is a great idea to have a long sleeve t-shirt available in case it rains or you get sunburned. Ladies: we don't allow biking in sports bras. Guys: you must wear a shirt while biking.

- ___ 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 such as athletic shorts and a t-shirt/sweatshirt.

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. **All toiletries still need to fit in one of your two bags**

- ___ Bathing suit (practice modesty)
- ___ **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 30+ (Lotion, Lip Balm)
- ___ Small packet of Kleenexes
- ___ 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.
- If you plan to bring an instrument, please contact Ryan @ 651-238-6761 to confirm. Instruments do not count as one of your two bags.
- Feel free to bring your cell phone for emergencies and while biking only (in case someone gets off route and needs help with directions for example), 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. Spoke Folk is a unique opportunity for you to be intentionally connected to a great community. The people at home will be there after tour. 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.