

PACKING LIST

BEFORE YOU START PACKING

- You will be limited to two bags on tour!
Bag #1: Bedding
Bag #2: Everything else! (clothes, toiletries, misc.)
Everything MUST fit in these two bags & be able to CLOSE. We will have limited space. Others will carry your bags throughout tour so please don't make them too heavy. (Bags can be duffel or suitcase).
- You can bring a third bag for training, but it will not be transported church to church when we hit the road. There will be a room at the training/home church to store them.
- Put your initials on all your stuff so it is easier to sort after laundry.
- If you're bringing an instrument, we will be in contact with you.
- Please bring your cell phones. This is for emergencies and helps counselors keep track of bikers. We also encourage everyone to take pictures! However, please note, **cell phones are not for social media, communicating to people off tour (unless you need to call home), etc.** This is a unique opportunity for you to be intentional in connecting with this group. Counselors will take away phones if they need to!

BIKES

MANDATORY

- Helmet (NEVER been in any kind of accident)
- 1-2 Large Water Bottles or Camelbak
- ID & Cell Phone (For tracking and emergencies)

RECOMMENDED

- Rain Gear
- Sunglasses
- Bike Gloves
- Bike Shorts

BRINGING YOUR OWN BIKE

- Bicycle
- Orange Flag
- Extra Tubes
- Bike Bag (optional)
- Any tools, pumps or other bike maintenance items

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CLOTHING

IMPORTANT REMINDERS!

On tour we are representing God and Spoke Folk. Please make sure all clothing is modest and appropriate.

During Training: (Wed-Sat)

2 Training Bike Rides & Comfortable Clothes
Saturday will be Laundry

On the Road: (Sun-Sun)

7 Days of Biking, 7 Programs

FOR PROGRAM

- Spoke Folk Shirts:** Everyone will get 2 program shirts at the beginning of tour. These are only to be worn during the program to keep them as clean and fresh as possible.
- Bottoms:** Nice shorts or pants. Please no athletic clothing or cut-offs.
- Shoes:** Clean tennis shoes, sandals, etc. Probably not the ones you biked in.

FOR BIKING

- Tops:** T-shirts or athletic shirts. Lighter colors are best! Bikers are not allowed to go shirtless or wear only sports bras. A long sleeve shirt in case of rain or cold days.
- Bottoms:** Bike shorts are recommended but gym shorts are great too.
- Shoes:** Tennis shoes or close toed sandals.
NO FLIP FLOPS.

FOR OTHER PURPOSES

- Comfortable clothes for training and post programs like sweatshirt, tshirts, flannel pants, etc.
- Socks & Underwear
- Modest Pajamas

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BED

IMPORTANT REMINDERS!

■ All bedding must fit in one bag, close & carry easily!

- Sleeping bag / Sheets / Light weight blanket
- Pillow
- Small air mattress / Thin foam pad (optional)

TOILETRIES

IMPORTANT REMINDERS!

■ All toiletries, clothes, make-up, hair dryers, flat irons, etc need to fit in one bag. Don't forget to initial clothes.

- 1-2 Bathing Suits (all showers will be taken in your bathing suit in the church parking lot. Please be modest.)
- 2 Towels
- Soap
- Shampoo / Conditioner / Other hair products
- Toothbrush / Toothpaste / Floss
- Razor / Shaving Cream
- Deodorant
- Sunscreen
- Lotion
- Lip-Balm
- Feminine Products

MISC

- Bible
- Journal / Notebook / Pen
- Spending Money: Souvenirs, ice cream, etc. (Ice cream outings are common on tour.)
- Phone Charger

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