

Packing List

NOTE: We do not have a luggage team this year since we are staying in one location most nights. We strongly recommend that you pack one small overnight bag apart from the rest of your luggage for the overnight stay in Gainesville, VA. This will allow you to leave your larger pieces of luggage secured in National Harbor and only transport the small bag.

Cycling apparel

Tour riders are expected to be “in uniform” (2017 jersey) while on the road or attending public events.

- 3 pairs of cycling shorts (STdT logo shorts/bibs are available for purchase)
- ANSI-approved helmet (for partial-Tour participants)
- 7 pairs of cycling socks
- 1 pair of comfortable cycling shoes plus 1 pair of toe (shoe) covers
- 2 pairs cycling gloves
- Cycling glasses/sunglasses (a backup pair is a good idea too)
- 2-3 wicking cycling undershirts
- 1 wind/rain cycling jacket (STdT jackets are available for purchase)
- 1 pair arm & knee/leg warmers (STdT logo arm warmers are available for purchase)
- 1 cycling cap and/or helmet liner

“Civilian” apparel

- Pack light. Classy casual dress is appropriate for evenings.
- Watch the weather and arrive prepared for rain, heat, sun and wind.

Accessories

- Camera
- Basic first aid supplies for your bike pack
- Chamois Cream (‘butt butter’)
- Sunscreen
- Your pillow and a very distinctive pillowcase (so you don’t leave it behind at a hotel)
- Cell phone and 2 chargers (one to lose, one to keep)
- Watch
- Earplugs
- GPS-capable cyclocomputer (optional but handy)

For your bike

- 3 tubes
- A patch kit
- Tire levers
- An inflator head

- 3 16 gram CO2 canisters (TSA confiscates CO2 canisters; buy those when you land).
- Extra spokes (front and rear) if your wheels require bladed/special spokes

Other

- Cash for incidentals, adult beverages, tips
- Energy products (if you want something specific)