

REQUIRED Bicycle Equipment

Helmet, make sure it fits correctly. Wear it whenever you are on a bike during RAGBRAI! See the last page for some tips to help make sure you and your helmet are meant for each other. Mirrors are not required but greatly enhance your situational awareness and safety. (If getting one, make sure it's big enough and sturdy so it doesn't move!) The one pictured is a great example.



Wheel Bag is a must, due to the way we pack the truck it will keep your wheel and your bike protected. In addition a **Fork adapter** (If you have thru axles) is also a must since we mount all the bikes on the walls of a box truck (see picture below). Also if you have disc brakes, be sure to bring a **shim** to prevent your pads from "fusing" together.



Small repair kit (tubes, pump or CO2, patch kit, tire levers and small wrenches) Bicycle shops along the route can handle most any mechanical need you have, and there is also an expo every afternoon that will provide you with a place to purchase anything bike related you will need. These kits come in handy not only for yourself but others out on the road as well!



Clipless pedals + shoes (Road or MTB), since they promote a professional image and ensures the rider properly balances the use of their quad and hamstring muscles for the duration of the route. There are many different styles of cleat, pedal, and shoe so make sure they are compatible and comfortable. MTB shoes are usually more comfortable to walk in but weigh more.



MTB Clipless Pedal



Road Clipless Pedal

Riding Attire: Per the contract, the only jersey allowed during the ride is from the current year's kit. Kit shorts and socks are required on the first and last day, otherwise plain black shorts may be worn. (The one exception is Retro day, where any previous official kit can be worn.) Refer to the rider contract for full details and restrictions.



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REQUIRED Camp Equipment

Storage Box: You will need to pack all of your gear in a **30 Gal hard container**. For standardization and stacking, the Plano 1919 is recommended. This will hold everything except your helmet, wheel bag, tent, and fold-up chair. (See below for example of packed bin.) The weight of the bin itself cannot exceed 50 lbs



Tent: All members must have their own two pole tent, no bigger than 10'x7'. Co-ed tents are only allowed in the case of married couples (and both members are on the AFCT). If your tent is larger than this, be prepared to set it up yourself



Sleeping Gear: All members should have some form of pad or cushion to sleep on, with a pillow. Sleeping on the ground will only make your life that much harder and detract from your mission on the ride! A sheet or two is also recommended. Self-inflating sleeping pads typically work best here, though if you can spare the space in your bin a foam pad probably cheaper.



Non-riding Clothes: All shirts must have some type of USAF logo name on them, shorts, rain poncho, a jacket (it will be hot, cold, wet...), pants, underwear, socks, shoes, thongs (for the feet), sleepwear, swimsuit (optional), and sweatbands/bandannas should get you through the week. Tip: (Don't overpack here, there will be opportunities to do laundry either in a bucket or at a laundromat)



Toiletries: Pack a towel, washcloth, toothbrush, toothpaste, skin lotion, shampoo, soap, razor, nail clippers, brush/comb, hair ties/barrettes, deodorant, sunscreen, mirror and toilet tissue. Again pack what you think you will really need there are no fashion shows so less is better.

Miscellaneous: Bring some form of alarm clock, a flashlight with batteries, a watch, valid ID, money and/or credit cards.

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RECOMMENDED Bicycle Equipment

Extra Tools: If you can carry them (and know how to use them), a Leatherman, cone wrench set and bike multi-tool may be the difference between someone getting the help they need or walking to the next town. A great example of a good bike multi-tool is the ALiEN 2 (Has an Allen set, chain tool, spoke wrench and regular screwdrivers)



Full Size Pump (~1 per region): A full size pump for the early morning routine is a nice to have. Cold temps at night sometimes lower tire pressures. Be sure to coordinate with region mates so we don't end up with 100 pumps.



Maintenance Stand (~1 per region): The extra miles of the week can worsen nagging issues or cause entirely new maintenance issues. A bike stand at camp can make fixing these issues much easier. (and cheaper)



Chamois Cream: This anti-friction cream will save your butt from the seat and your shorts. Apply early, apply often. Don't wait till it hurts cause then it's too late!



Bike Head and Taillights: While not typically needed during the day route, any riding down at night in the overnight towns can be treacherous (cars and bikes will be everywhere). If you plan on riding at night, a light set like this is a requirement (usually by law)



Hat/Bandana & Gloves: A cycling hat or bandanna can be soaked to keep your head cool and gloves keep the vibration of the road out of your hands and arms.

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RECOMMENDED Camp Equipment

Chair: A simple folding camp chair is highly recommended to take the load off your feet (and butt) at the end of the day. Note this doesn't have to fit in your bin. Make sure you label it well.



Shower Bag: A solar shower bag is your source for free warm(ish) showers. Some campgrounds have showers easily available for a nominal fee, others may not. City pools are a great way to spend \$5 to take a dip and get a "free" shower at the end. The bags without a long hose work better if you can find one. (Or modify the hose yourself). Make sure this is labeled VERY WELL. (They all look the same...)



Canopy (~1-2 per region): Shade and a place to hang stuff is worth more than a plot of land in Central Park on a hot RAGBRAI day. Canopies allow you to create your own anywhere.



Electronics: A big Li-Ion battery pack will keep all your devices charged over the course of the week. Generators will be running at camp when possible, so charge your battery while you're out and about on the town. Claim it before they shut down for the night and charge everything else from your tent. Bring extra-long (6') high quality cables as space around the plugs can get a bit..."crowded." Super cheap cords don't play well with generators less than perfect voltage and will only trickle charge to your devices (if at all)



First Aid: Pack aspirin, ibuprofen, vitamins, Band-Aids, gauze, tape, baby wipes, first aid cream, lip balm, sun block, insect repellent, safety pins, special medicines, and sanitary protection if needed with disposable bags. Paramedic teams patrol the bicycle route and emergency medical treatment will be available in each campground.

Miscellaneous: Spare glasses, small backpack for town, sunglasses, camera, earplugs, sleep mask, several plastic trash bags for rain protection and zip-lock bags.



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Checklist

General tips

- Please put identification on **everything** you bring along on RAGBRAI.
- For the bare minimalist, this list is broken into things you MUST bring and COULD bring.
- Try not to over pack. You will be in cycling gear most of the time, so street clothes are worn for only a few hrs each day.
 - Pack similar items within a zip-lock bag. This keeps things your gear dry, and helps keep the bin organized.
 - Bins must weigh less than 50 lbs. This is for our support crew's safety.

REQUIRED GEAR

Bike

- | | |
|--------------------------|-----------------------------------|
| <input type="checkbox"/> | AFCT Jersey |
| <input type="checkbox"/> | AFCT Shorts |
| <input type="checkbox"/> | AFCT Socks |
| <input type="checkbox"/> | Riding Shoes |
| <input type="checkbox"/> | Helmet |
| <input type="checkbox"/> | Water Bottles |
| <input type="checkbox"/> | Bike |
| <input type="checkbox"/> | Wheel Bag |
| <input type="checkbox"/> | Clipless pedals |
| <input type="checkbox"/> | Repair Kit Bag |
| <input type="checkbox"/> | Air pump or CO2 cartridges |
| <input type="checkbox"/> | Spare Tube(s) |
| <input type="checkbox"/> | Tube Patch Kit |
| <input type="checkbox"/> | Tire Levers |
| <input type="checkbox"/> | Allen Wrenches |
| <input type="checkbox"/> | Thru axle adapter (if applicable) |
| <input type="checkbox"/> | Disc brake shim (if applicable) |

Camp

- | | |
|--------------------------|--|
| <input type="checkbox"/> | Gear Bin (30 Gallon) |
| <input type="checkbox"/> | Valid ID |
| <input type="checkbox"/> | Watch |
| <input type="checkbox"/> | Money |
| <input type="checkbox"/> | Cell Phone |
| <input type="checkbox"/> | Tent |
| <input type="checkbox"/> | Sleeping Pad |
| <input type="checkbox"/> | Bed Sheets |
| <input type="checkbox"/> | Pillow |
| <input type="checkbox"/> | Underwear |
| <input type="checkbox"/> | Socks |
| <input type="checkbox"/> | Sweatshirt / Jacket |
| <input type="checkbox"/> | T-shirts (<i>w/ USAF logo or representation</i>) |
| <input type="checkbox"/> | Shoes / Sandals |
| <input type="checkbox"/> | Shorts / Pants |
| <input type="checkbox"/> | Baseball cap / Hat |
| <input type="checkbox"/> | Flashlight w/ extra batteries |
| <input type="checkbox"/> | Towel/Washcloths |
| <input type="checkbox"/> | Sunscreen |
| <input type="checkbox"/> | Lip Balm (SPF) |
| <input type="checkbox"/> | Toothpaste |
| <input type="checkbox"/> | Soap / Shampoo |
| <input type="checkbox"/> | Shaving Gear |
| <input type="checkbox"/> | Deodorant |
| <input type="checkbox"/> | Shower Shoes |

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RECOMMENDED GEAR

Bike

- | | |
|--------------------------|---------------------------------------|
| <input type="checkbox"/> | Sunglasses |
| <input type="checkbox"/> | Riding Gloves |
| <input type="checkbox"/> | Riding Hat / Bandanna |
| <input type="checkbox"/> | Plain Black Bike Shorts |
| <input type="checkbox"/> | Rain Gear (Clear Coat or AFCT Coat) |
| <input type="checkbox"/> | Sun Sleeves (all white or black) |
| <input type="checkbox"/> | Arm Warmers (all white or black) |
| <input type="checkbox"/> | Bike Lock |
| <input type="checkbox"/> | Bike Computer or GPS |
| <input type="checkbox"/> | Chamois Butter |
| <input type="checkbox"/> | Helmet Mirror |
| <input type="checkbox"/> | Bike Headlight |
| <input type="checkbox"/> | Bike Taillight |
| <input type="checkbox"/> | Power gel/Power bars |
| <input type="checkbox"/> | Powdered Sports Drink |
| <input type="checkbox"/> | Bike Mx Stand (~1 Per region) |
| <input type="checkbox"/> | Full size bike pump (~1-2 per region) |
| <input type="checkbox"/> | Rags |
| <input type="checkbox"/> | Chain Lube |
| <input type="checkbox"/> | Spare Tires |
| <input type="checkbox"/> | Special bike combo multi-tool |
| <input type="checkbox"/> | Cone wrenches |
| <input type="checkbox"/> | Leatherman / Multi-tool pliers |

Camp

- | | |
|--------------------------|-----------------------------|
| <input type="checkbox"/> | Camp Chair |
| <input type="checkbox"/> | Tent Ground Cover |
| <input type="checkbox"/> | Tent Stake Hammer |
| <input type="checkbox"/> | Clothes Line / Clothes Pins |
| <input type="checkbox"/> | Bungee cords |
| <input type="checkbox"/> | Popup shade (~1 per region) |
| <input type="checkbox"/> | Shower Bag |
| <input type="checkbox"/> | Baby Wipes |
| <input type="checkbox"/> | Small Backpack |
| <input type="checkbox"/> | Ear Plugs |
| <input type="checkbox"/> | Sleep Mask |
| <input type="checkbox"/> | Battery Powered Fan |
| <input type="checkbox"/> | USB Battery Packs |
| <input type="checkbox"/> | Extra-long USB cords |
| <input type="checkbox"/> | Digital Camera |
| <input type="checkbox"/> | Bathing Suit |
| <input type="checkbox"/> | Comb/Brush |
| <input type="checkbox"/> | Toilet Tissue |
| <input type="checkbox"/> | Talcum Powder |
| <input type="checkbox"/> | Aspirin / Ibuprofen |
| <input type="checkbox"/> | Bug Spray |
| <input type="checkbox"/> | Trash Bags |
| <input type="checkbox"/> | Zip-lock bags (S, M, L) |

As a reminder (per the rider contract), these things not allowed in camp:

- Camp stoves
- Alcohol (you can go downtown to drink, be responsible)
- Your friend's RV

Suggestions to add or something missing? E-mail kyle@jump.industries
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Three Tips to Help Insure a Proper Helmet Fit

- The shake test. Put the helmet on your head and move it side to side and front and back, making sure the fit pads hold the helmet securely to your head.
- Make sure the helmet sits level on your head. You should have about a finger's width between your eyebrow and the bottom of the helmet when the straps are tight. If the helmet tends to creep up where it looks more like a sunbonnet, the straps in front of the ear will need to be shortened.
- Most importantly make sure that your straps are adjusted correctly. The straps should feel somewhat tight so that when you open your mouth, you feel the helmet press firmly against your head. You also should not be able to pull the helmet off when the chin strap is tightened.



Example of packed bin
(ignore camp stove, this is from a different event)



How your bike will be loaded to
the start and from the end town



Why you might want a longer cord



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