



EMPIRE STATE RIDE PACKING LIST

TO END CANCER

For your Bike

- Helmet – CPSC or ASTM certified
- Bike odometer – handlebar mounted
- GPS Unit
- Seat bag or handlebar bag
- Patch kit
- Tire levers (3)
- Spare tubes (2 that fit your bike)
- Bike mount pump or
- CO2 cartridges with applicator
- Rain Jacket
- Rain Pants
- Mounted water bottles (2) or
- Hydration pack
- Spare water bottles
- Bike lock
- Bike bell

Bike Clothing Essentials

- Cycling shorts w/synthetic chamois lining (2-3 pairs)
- Chamois cream
- Cycling tops/jerseys (1-3)
- Cycling socks
- Cycling shoes
- Cycling gloves
- Cycling glasses
- Long sleeve cycling shirt or UV sun sleeves
- Rain gear

Off-Bike Clothing

- Lightweight long pants
- Shorts (2-3 pairs)
- T-shirts
- Lightweight long sleeved shirt
- Sneakers, hiking sandals or trail shoes
- Socks (3-4 pairs)
- Underwear (3-5 pairs)
- Lightweight, waterproof jacket
- Sleepwear
- Hat
- Towel
- Shower flip flops

The Other Stuff

- Sleeping bag
- Pillow
- Cellphone and charger(s)
- Sunglasses, prescription glasses & case
- Prescription medications
- Insect repellent & sunscreen. We provide both but if you have a favorite brand bring it along!
- One-use packets of laundry detergent and \$8.00 in quarters for laundry
- Personal toiletries and bag (the kind that can hang from a hook)
- Small first aid kit
- Small sewing kit
- Energy bar or drink mixes that you prefer
- Any tools unique to your bike
- Camera/GoPro
- Power strip for charging multiple electronics at once
- Wallet with your ID, cash and credit card
- Ziplock baggies for your phone and wallet, should the weather turn wet.