



## Ride To Give

## Packing List

### Essentials

- A road bike (serviced before you go)
- Australian standard approved Helmet (AS/NZS 2063:2008) (Mandatory)
- Drivers Licence / Identification (Mandatory)
- Front and Rear Bike Lights (Mandatory)
- Sunglasses
- 2 x Water Bottles – Please ensure you bring two bottles. Electrolyte tablets will be provided and water carriers will be available in vehicles for refills.
- Snacks – Lollies, muesli bars, gels and bananas will be provided, but you're welcome to bring anything additional.
- Gloves
- Long-sleeve riding shirt to layer underneath if cold weather
- Arm and leg warmers
- Rain Jacket
- A beanie
- Spare Tube(s) / Flat Repair Kit (or purchase from Entoure supplies if needed)
- Sunscreen and insect repellent
- Mobile Phone and charger
- Smart watch / tech and charger
- Cash and/or card
- Casual clothing for nightly group dinners including shoes
- Personal hygiene items including toothbrush, toothpaste and chamois cream
- A zip-lock bag with laundry powder so you can wash your kit each night (or use soap in the shower)
- Riding shoes
- Socks (a few pairs)
- Any personal medication
- Swimming costume
- A coat hanger to dry your kit each night

## It is recommended that you bring

- Your own power board – multiple phones, watches, lights and laptops will need charging and power points are limited in regional motels.
- Entoure will provide riding mechanics throughout the ride for day-to-day repairs, however the following items can be helpful if you have them:
  - New tyres and tubes
  - Spare cleats for cycle shoes
  - Spare spokes for wheels
  - Battery charger if you run electronic gears (ensure they are charged before departure)

Please note: Service during the event will be provided free of charge, however parts will be charged to the rider on a user-pays basis.

Please try and pack everything into one bag. A maximum of two bags is allowed if everything cannot fit in one. Bags will be transported between accommodations each day. A bag tag with your accommodation and contact details must remain attached at all times during the ride.

## Reach out

If you need support getting prepared for the event please contact the team at [events@fdcbuilding.com.au](mailto:events@fdcbuilding.com.au).