



*New Jersey Ride Against AIDS*

## *What To Bring*

September 24 - September 26, 2010

*Let's Make AIDS History!*

**CLOTHING:**

- Wind breaker type jacket
- Rain protection
- Other Clothing (Anticipate sudden changes in temperature, choose clothing in layers)
- T-shirts (Don't forget your ride shirt!)
- "Regular" shorts
- Underwear
- Socks
- Sweat pants
- Shoes and sneakers
- Flip-flops
- Sleepwear
- Towel

**TOILETRIES:**

- Toothpaste
- Toothbrush
- Soap
- Deodorant
- Razor and shaving cream
- Shampoo/Conditioner
- Brush or comb
- Moisturizer
- Nail clipper
- Small mirror
- Hair ties
- Washcloth

**EQUIPMENT:**

- Your bike (**Have it tuned up prior to ride**)
- Your helmet (ANSI, Snell, or ASTM certified)
- Cycling gloves
- Cycling shoes
- Cycling shorts
- Cycling shirts
- Fanny pack, seat bag, or handlebar bag
- Spare tubes
- Tire irons
- Patch kit
- Small wrenches
- Tire pump
- Water bottles

**FIRST AID:**

- Prescription medications
- Anti-blister ointment
- Petroleum jelly for chafing (butt balm)
- Antacid
- Aspirin
- Motrin
- Band-Aids
- Lip balm
- Insect repellent
- Gauze and tape
- Sanitary protection
- Sun block

**NOTE: ALL PRESCRIPTION MEDICATION MUST BE LABELED WITH YOUR NAME.  
REFRIGERATION WILL BE PROVIDED.**

**OTHER IMPORTANT ITEMS:**

- |  |  |
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| <input type="checkbox"/> Photo Identification                    | <input type="checkbox"/> Medical Insurance Card                |
| <input type="checkbox"/> Money                                   | <input type="checkbox"/> Vehicle Insurance Card (if necessary) |
| <input type="checkbox"/> Credit Card                             | <input type="checkbox"/> Sunglasses                            |
| <input type="checkbox"/> Camera                                  | <input type="checkbox"/> Earplugs                              |
| <input type="checkbox"/> Film (if not digital)                   | <input type="checkbox"/> Journal                               |
| <input type="checkbox"/> Alarm clock                             | <input type="checkbox"/> Pens                                  |
| <input type="checkbox"/> Watch                                   | <input type="checkbox"/> Zip Lock bags                         |
| <input type="checkbox"/> Plastic garbage bags (emergency poncho) |  |