



PRESENTED BY  PEOPLE. PROGRESS. PRIDE.<sup>SM</sup>  
IOWA FARM BUREAU

Together we are **FARM STRONG.**

#### DAILY NEEDS:

- Water Bottle
- All-in-one Tool
- Bike Lock
- Camera
- Electrical Tape
- Road ID
- Helmet
- Patch Kit
- Spare Tube
- Tire Lever
- Pump or air cartridge
- Cycling Gloves
- Appropriate footwear
- Portable electronic device
- Charger
- Plastic waterproof case
- Ziploc case
- Zip Ties
- Cash/Credit Card
- Health Insurance Card & ID
- Sunscreen/Lip Balm
- Toilet Paper
- Air Mattress
- Catheter Supplies

#### CLOTHING:

- Hat
- Cycling/Riding shorts (2-3 pair)
- Sunglasses
- Swim Suit
- T-Shirts (2-3)
- Underwear (3-5)
- Shorts (1-2 pair)
- Pants (1)
- Rain Jacket
- Biking Shoes
- Biking Socks
- Cycling Gloves
- Sandals/Casual Shoes

#### MISC.

- Bug Spray
- Ear Plugs
- Gum
- Ziploc Bags
- Sleeping Bag or Sheets
- Small Pillow
- Towel

#### TOILETRIES:

- Prepackaged Wipes
- Disposable Razor
- Eye-Drops
- Q-Tips
- Shampoo
- Anti-Chaffing lotion
- Soap
- Deodorant
- Soap to wash clothes
- Toilet Paper
- Tooth Brush & Toothpaste
- Prescriptions
- Band Aids

#### DO NOT PACK!

Cooler  
More than one overnight bag/tote  
Camping gear