

THE 24 RAC | What to Bring and What to Leave at Home

What to bring? As little as possible

Your bikes.

- Make arrangements to transfer your bikes to the start of the RAC.
 - The luggage truck will not carry your bike.
-

What to carry on your bike every day

- ID, Medical insurance information
- Helmet, gloves, vest
- Water
 - adults:
 - two bottles (if you have room on the bike)
 - or hydration pack and one bottle
 - kids :
 - hydration pack for water
 - bottle for Gatorade
- Two tubes per bike per rider
- Sunglasses
- Small container of sunscreen
- ChapStick with SPF 15.
 - Apply often to prevent sunburnt lips
- Small bag of toilet paper and zip lock bag. Leave no paper behind.
- Small package of baby wipes and zip lock bag. Leave no wipe behind
- Small hand sanitizer.
- Small emergency snack (to get you to the nearest snack or lunch)
- Optional: eye drops or nasal spray. The desert is dry
- Optional: bandana for windy days

- Optional: bike tools (or find Bob)
 - Optional: small bike pump (or find Bob)
 - The nearest chase car will have a large foot pump.
-

Luggage | This list does not apply to chase families

- One box **or** duffle bag per person
 - Costco black boxes with a yellow lid. 27 gallons.
 - The size we will show you at the meeting.
 - Not the ones from Home Depot.
 - or** standard-size duffle bags
 - you pick the combination of containers you want to bring
 - these containers will carry your clothes, your pillow, your toiletries, chargers, etc
 - maximum weight limit is **40 pounds per box/duffle bag**
- one camping chair (in a sleeve) per person, as seen at the meeting
- one sleeping bag per person, ideally packed in the box/duffle if it fits
- one rolled sleeping matt per person
- or one sleeping cot, the foldable kind that fits in a sleeve, max 15 lbs, as seen at the meeting
- your tent
- The more you can fit in your box/duffle bag (and still stay under 40 lbs), the better.

Please remember that

- you and your child carry your luggage from the truck to the camping site.
 - camping sites might be 100+ feet away from the luggage truck
 - practice at home
- if you bring items to the luggage truck that we find inappropriate or too heavy, we will ask you to return home and repack.
 - we pack the luggage truck on Saturday, April 6. You have time to go home.
- it is our teenage Youth Support that loads and unloads the truck
 - They stack and unstack 40-pound boxes up to four boxes high

- Every day, after they ride with your kids all day.

Camping Equipment

We will camp every night (unless you have reserved a hotel near Julian). Please bring the following.

- Tent (incl rain cover and tent spikes)
 - optional mallet. Or borrow one from the camper next to you
- Sleeping mat
 - or folding camping cots that come in a travel bag.
- Sleeping bag
- Pillow
- Ground Cover (plastic tarp)
- Flashlight /phone
- Folding camping chair with bag.

Clothing

- Pack light and bring layers.
 - The temperature varies significantly during the week
 - Shed layers as the day warms up.
- Bring plenty of underwear, bike shorts, and socks.
- Bring as little as possible of everything else.
- No laundry facilities along the way.
- Yellow vest with name
- Socks
- Shoes for biking
- Shoes for not biking
- Underwear
- T-shirts
- Long pants
- Bike shorts
- Thin sweatshirt (which must be neon yellow or fit under the vest)

- Leave them in chase cars as the day heats up.
 - Label them. It makes retrieval from chase cars easier.
 - Thin windbreaker (that fits under your vest)
 - Sun hat
 - Gloves for riding
 - Gloves for cold Julian mornings. (Thick socks will do)
-

Personal & Toiletries

- Medication
 - Chamois Butt'r to prevent saddle sores
 - Soap or Shampoo
 - Extra sunscreen in small containers
 - Extra chapsticks with SPF 15
 - Quarters for the showers in Vallecito
 - Toothbrush, floss, and paste
 - Hand towels or disposable wash clothes
 - Baby wipes
 - Deodorant
 - Lotion
 - Comb or brush
 - Optional but appreciated:
 - Febreze
-

Electronics

- Phone (you will have coverage along the route)
 - Charging cable
 - External battery packs or solar charger
 - Electrical outlets are few and far between
- Optional: A simple odometer for mileage counting.
 - cheap, fun, lithium battery-powered, kids love them

or a bike computer for yourself. (But that is one more thing you need to charge)

- We will help you and we will share with you if you forget something*.
 - *Exception: no sharing of underwear or toothbrushes. We have standards
-

What to leave at home |

- A huge tent | a three-person tent for two people is enough
 - Duffle bags with wheels
 - Golf bag-style luggage
 - Personal coolers with personal drinks
 - Fancy suitcases
 - Flimsy boxes
 - Boxes with wheels
 - Boxes that were not approved during the meeting
 - Folding chairs with tables attached
 - Folding chairs that don't fold into a sleeve
 - Folding lounge chairs
 - Homework
 - Kiddie wagons for transporting your luggage from truck to campsite
 - Lots of bike tools (find Bob instead)
 - Foot pumps (every chase car will have one)
 - Bike locks
 - Bike lights
 - The dog
 - Heavy rain gear.
 - We don't ride in heavy rain.
 - Seven complete non-riding outfits
 - Those cute shoes
-

For chase drivers

- Every morning, Sabine will send you out to your assigned spot with a cooler of water and a cooler of Gatorade. She will help you refill your coolers during the day as needed.
- You must stay at your assigned spot until the last rider passes by.
- You may not leave your assigned spot to attend to your own child (unless it's an emergency)
 - Sabine, Ana, and Bob drive the route all day and will care for anyone who needs help.
- If you provide anything extra during your chase shift (ice, cookies), you must provide it for all riders or at least all **children**.
 - Please do not offer anything 'special' to your child that others see but don't get.
 - **You are not expected to provide anything but water and Gatorade.**
 - Many chase parents bring signs and or/write on their cars.
 - We appreciate your motivation.
 - We encourage you to write messages that support **all** children (and not just your own).
 - We love:
 - You trained. You can do this.
 - RAC kids rock
 - I trained very hard to hold up this sign
 - River to Riptide
 - This is a motivational sign
 - Have a great ride
 - You are stronger than you think you are
 - Hills don't scare us
 - This is the best day ever
 - Today builds character. You'll thank me later.
 - My arms are killing me
 - Ride like the wind
 - Dennis is our hero
 - and the ever-popular sign at mile 1:
 - you are almost there.
- When kids stop at your chase spot, please refrain from well-meaning but unhelpful comments like
 - "You only have miles left."
 - At the end of a long day, even one mile is a long way.
 - "You have one mile to go" when you are guessing.

- Kids get very discouraged when that one promised mile becomes two.

- Thank you for reading.
- We are all looking forward to an awesome week.
- Please let us know if you have any questions.
- This will be fun

The End