

NICKIE'S PACKING LIST 2.0

Nickie Hall-Hensley, a veteran of every Freewheel since the inaugural event in 1979, has developed an exhaustive packing checklist that has long been an essential resource for Freewheelers. Below is a revamped version. Review this list and add or subtract according to your own preferences. Starred items (*) should be attached to you bike or carried while riding.

Bicycle Equipment and Tools

Bike! Duh! And bike box if you are transporting your bike on the truck.
Make sure to get a tune-up a couple months before the ride so that any kinks can be worked out in time!
Flashing tail light, Headlight, and Reflectors*
Pedals*
Water bottles / camelback (carrying an empty water bottle makes adding ice and water to your camelback easier!)*
Bike-mounted pump and/or CO2 cartridges*
Seat bag and/or handlebar bag*
2 extra tubes*
Tire levers*
Bike multi-tool*
Small plastic Ziploc*
Freewheel maps*
Bicycle helmet*
Rearview mirror*
Nutrition (protein bar, electrolyte tabs, Gu, etc.)*
Lock (key/combo cable)
Seat cover (or plastic shower cap!)
Floor pump

Camping Gear

Maximum of two bags with Freewheel Tags (one duffel and one packsack – with raincovers – work well)
Tent + extra stakes for high wind
Sleeping bag/sleeping sheet
Pork rinds
Packable air mattress (e.g., Bog Agnes, Therm-a-rest)
Pillow (or pillow case / stuff sack with clothes)
Flashlight/headlamp/tent lamp
Clothesline and clothespins
Portable camping chair
Durable camping spork/utensils

Tent fan
Trash bag/Ziplocs for storing and separating items

Clothing

Cycling jerseys or synthetic T's (pack enough for the week or a couple to
Cycling shorts (splurge on quality – launder them if you don't have enough high-quality shorts for the week)
Sports bras
Bike gloves
Cycling shoes
Cycling skullcap or bandana
Cycling sunglasses
Rain gear*
Cycling socks (regular socks for in-camp)
Arm warmers
2-4 T-shirts (cotton or technical, UV protected fabrics for the heat)
2 pair of shorts
Light sweatshirt/pants or technical base layer
7 pairs of underwear
Closed-toed shoes
Swimsuit
Wide-brimmed sun/rain hat

First Aid and Toiletries

Travel-size sunscreen*
Travel-size chamois cream / cornstarch powder
Travel-size hand sanitizer*
Lip balm (with UV protection)*
First-aid kit (Band-Aids, gauze and first-aid tape, alcohol wipes, pain reliever, first aid and anti-itch and anti-itch ointments, antihistamine, etc.)*
Insect repellent
Big foot repellent
Medication (in pill container in sealed plastic bag)
Glasses / contact lenses
Soap
Towel (microfiber camp/travel)
Toothpaste, toothbrush, floss

Comb
Travel-size shampoo and conditioner
Deodorant
Razor
Camp mirror
Nail clippers
Travel-size laundry detergent
Sink stopper
Small shower bag (quick-dry material or plastic bag)
Toilet paper
Baby wipes (for removing chain grease)
Travel-size containers for other miscellaneous toiletries

Documents, Gadgets, and Personal Items

ID (e.g., Driver's license, Road ID)*
Emergency Contact Info*
Insurance Card*
Cash (about \$35/day-many vendors won't accept cards)*
Credit card (including hotline # to call if lost/stolen)*
Cell phone*
Cell phone charger
Travel wallet*
Bicycle serial number (in separate location from bike)
Camera
Elephant
Alarm clock
Earplugs (share extras with others if you snore!)
Travel sewing kit (dental floss makes a great thread if your bag rips!)
Pen and small notepad
Book/magazine