

Ride for Sick Kids SA

Rider Checklist

Item	Notes
Bike	Road bike. No time trial bikes or time trial bars. Have the bike serviced just prior to the event and please ensure new tyres (Schwalbe are best!) are fitted too. Contact Phil Dalton from Ride & Shine to get your bike serviced 0414 554 851
Pedals	Don't forget to pack your pedals when packing your bike up! This also goes for the wheel skewers.
Biddon cages	All bikes should have 2 biddon cages fitted to stay hydrated
Drink biddens/bottles	McDonald's will be providing drink bottles for ride and it is preferred that you use these to show our support for one of our major sponsors.
Di2	For those lucky enough to have Di2 please ensure you charge your battery the day before leaving for tour & bring your charger just in case
Helmet	Australian Standards Approved helmet
Sunglasses	Nothing worse than forgetting your sunglasses.
Cycling Shoes	Check your cleats and replace if worn
Long Finger Gloves	Might need them for the cold morning starts
Gloves	2 pairs would be a good idea
Cycling socks	Cycling socks are being provided as part of the kit and should be worn at all times with the kit (so we all look awesome!)
Cycling Cap	Not a requirement but pack it if you like to wear one
Cycling Kit	These will be distributed when you arrive in Broken Hill
Arm warmers	Preferably black - for those fresh mornings when the jacket is too warm but it's still a little cold!
Knee warmers	Preferably black - for those fresh mornings when it's still a little cold!
Cycling Shoe Covers	If you get really cold toes you might want to bring these along for the cold morning starts
Rain jacket	We don't know what weather we are going to encounter so better to come prepared.
Polo Shirts	These will be distributed when you arrive in Broken Hill - polo shirts to be worn to dinner each night with jacket if cold
Front light	Most likely won't be required but better to be prepared
Rear light	Most likely won't be required but better to be prepared
Garmin/Bike Computer	Want to make sure you capture all those k's!
Charger for your Garmin/Bike Computer	Otherwise it's just an extra weight on your bike doing nothing with a flat battery!
Track pump/Tubes/tyres/spare chains etc etc	Ride & Shine will be supplying everything so you don't need to pack any of this stuff. Please note that they are supplying free Schwalbe tyres and tubes if required. However, it's a user pays system if you require anything further such as chains, pedals etc
Chamois Cream	Don't bother. The awesome team at Aussie Butt Cream have supplied us with plenty to keep you comfortable. Make sure you add them on Twitter and Like them on Facebook too!

Sunscreen	Will be provided but if you have sensitive skin and need to use a certain brand please bring along
Lip balm	Being out in the sun and wind all day can really dry out your lips.
Carb Bars & Gels	These are being provided but please feel free to bring along your own supply if you have a preferred brand
Rehydration	Powerade electrolyte powder will be provided along with bottled water from our friends at Coke. We might even give you the odd can of Coke to keep you going too!
Protein powders and shaker	An important part of your recovery post ride should be protein intake within the first hour of stepping off the bike. This will help to feed your muscles and help them prepare for the next days ride. If you haven't tried this before I can highly recommend picking up some protein powder and a shaker (normally just add water, shake and drink). Call me if you have any questions re this.
Luggage Bag	All full event riders will receive a Ride for Sick Kids luggage bag prior. All your weeks requirements should ideally fit inside this one bag. They are a huge 98ltr bag with wheels
Mobile Phone	As if you'd forget this!
Mobile charger	Now this you might forget!
Computers & chargers	We understand that for many of you it's hard to totally switch off from work and you may need to bring your laptops along. We will take every care with them but we cannot be held responsible for any damage during transport. They will be carefully packed into the gear truck in a separate box and all care will be taken to keep them safe.
Compression garments	Not mandatory but also helpful in recovery is compression wear. If you have some compression tights, shorts etc I'd highly recommend you pack these and put them on once you've had your shower, done your stretching and winding down for the night. These will also help your muscles to recover for the next day.
Casual clothing for dinners	Polo & jackets are mandatory for the dinners but it's up to you what you wear on the bottom. Jeans, shorts, skirts etc.
Other casual clothing	Although we will mostly be in either cycling kit or team polo and jackets there may be times when you have some free time to walk around town so you might want to pack a few other casual clothes
Socks & jocks	Probably didn't need to say it but you never know what people may forget!
Shoes	Comfortable runners & shoes to wear off the bike. Don't want to be wearing cycling shoes to dinner!
Bathers	Some of our accommodation venues have swimming pools. A great way to freshen up the legs for the following day
Toiletries	Shavers (for our legs of course), tooth brush and tooth paste (don't want stinky breath!), deodorant and any other items you may need to make yourself look beautiful
First aid	Stacey is our awesome paramedic on the team so she will look after your first aid needs. However if you are on any regular medication can you please a) bring it with you b) let Stacey know so she is aware of this.
Cash & credit cards (lots of cash!)	To buy raffle tickets and bid on some awesome auction items
Camera	To capture all the fun. Please no photos while riding in the peloton however.

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Support Crew Checklist

Item	Notes
Rain jacket	Although jackets are being supplied as part of the kit they aren't waterproof. We don't know what weather we are going to encounter so better to come prepared.
Polo Shirts	These will be distributed when you arrive in Broken Hill - 3 x polo shirts to be worn to dinner each night with jacket if cold
Sunscreen	Will be provided but if you have sensitive skin and need to use a certain brand please bring along
Lip balm	Being out in the sun and wind all day can really dry out your lips.
Rehydration	Powerade electrolyte powder will be provided along with bottled water by our friends at Coke. We might even give you the odd can of Coke to keep you going too!
Mobile Phone	As if you'd forget this!
Mobile charger	Now this you might forget!
Computers & chargers	We understand that for many of you it's hard to totally switch off from work and you may need to bring your laptops along. We will take every care with them but we cannot be held responsible for any damage during transport. They will be carefully packed into the gear truck in a separate box and all care will be taken to keep them safe.
Casual clothing for dinners	Polo & jackets are mandatory for the dinners but it's up to you what you wear on the bottom. Jeans, shorts, skirts etc.
Other casual clothing	Although we will mostly be in either cycling kit or team polo and jackets there may be times when you have some free time to walk around town so you might want to pack a few other casual clothes
Socks & jocks	Probably didn't need to say it but you never know what people may forget!
Shoes	Comfortable runners & shoes for the long days.
Bathers	Some of our accommodation venues have swimming pools. A great way to freshen up the legs for the following day
Toiletries	Shavers (for our legs of course), tooth brush and tooth paste (don't want stinky breath!), deodorant and any other items you may need to make yourself look beautiful
First aid	Stacey is our awesome paramedic on the team so she will look after your first aid needs. However if you are on any regular medication can you please a) bring it with you b) let Stacey know so she is aware of this.
Cash & credit cards (lots of cash!)	To buy raffle tickets and bid on some awesome auction items
Camera	To capture all the fun. Please no photos while riding in the peloton however.