



**Hawkeye  
Bicycle  
Association**  
Cedar Rapids, Iowa

Promoting Safe  
Cycling in and around  
Cedar Rapids



## What to take?

Need suggestions of what to take for the week? This should help.

For your bike:	Personal items		HBA provides:
<ul style="list-style-type: none"> <li>• Pedals</li> <li>• frame pump</li> <li>• spare inner tubes</li> <li>• patch kit</li> <li>• tire levers</li> <li>• helmet</li> <li>• lock and cable</li> <li>• front or rear bag</li> <li>• riding gloves</li> <li>• chain lube</li> </ul>	<ul style="list-style-type: none"> <li>• Limit: two bags or one bag and one bedroll.</li> <li>• 30 pounds total.</li> <li>• PUT IDENTIFICATION TAGS ON EVERYTHING.</li> <li>• sleeping bag</li> <li>• Air mattress or ground pad</li> <li>• pillow</li> <li>• riding clothes</li> <li>• non-riding clothes</li> <li>• towel</li> <li>• swimsuit</li> <li>• toothbrush</li> <li>• sunscreen</li> <li>• lotion</li> <li>• Advil</li> <li>• sun glasses</li> <li>• rain coat</li> </ul>	<ul style="list-style-type: none"> <li>• lightweight jacket or sweatshirt</li> <li>• \$\$ for food, repairs, souvenirs</li> <li>• insect repellent</li> <li>• laundry bag for dirty clothes</li> <li>• shampoo</li> <li>• soap</li> <li>• ear plugs</li> </ul>	<ul style="list-style-type: none"> <li>• floor pumps               <ul style="list-style-type: none"> <li>○ one presta</li> <li>○ one schrader</li> </ul> </li> <li>• fans and extension cords</li> <li>• clothes line and some clothes pins</li> <li>• gatorade each morning</li> </ul>

Anything you forget or decide you really want is available at the bike shops or in town.

**DO NOT bring an alarm clock**