

GOBA Suggested Packing List

Cycling Gear & Equipment

- The bicycle is in good, working condition for multi-day rides of 30+miles each day. Focus on your tires, brakes, chain. Carry a spare tube that fits your tire size and tools to change a tire. You are responsible for changing your own flats.
- E-bikes, batteries, charging accessories.
- Helmet
- Riding gloves
- Riding shoes
- Riding shorts
- Jerseys or whatever shirt you ride in
- Rain gear
- **Bike lock (for security on and off camp)**
- Spare tubes and tools to change a flat

Personal Items & Clothing

- Off-bike clothing for 8 days
- Something to sleep in
- Swimsuit (may or may not be pool access)
- Toiletries
- Towel (see below for options)

Health & Safety

- ID and health insurance card
- Any medication you take.
- Medical has refrigeration for medicine.
- Sunscreen
- CPAP Supplies

Essentials & Money

- Cash/credit card.
- Cash in small denominations for rest stops
- Phone and charger.

Overnight/Sleeping Gear

- Sleeping pad/air mattress
- Bedding
- Pillow

Event Specific Information & Reminders

- Luggage Truck leaves at 8:45 sharp
- Daily SAG Support 7 to 4
- Town Activities GOBA Booklet handed out at registration pickup.
- Expect AM and PM GOBA Text messages.
- Note: There is NO Shower Truck on your return to Bowling Green on Saturday.

Managing Your Luggage & Exploring Options:

- **Pack Smart:** Remember, you'll be carrying and loading your own bags at each site.
- **Lighten Your Load?** Consider these optional services instead of bringing your own:
 - CAMPING: Chair Service (Weekly) - \$30
 - CAMPING: Towel Service (Daily) - \$30 for the week.
- **How to Purchase:** Go back to the website and choose the individual options you'd like.