



AthletiCamps Packing List

Here is a general packing list you can use to plan your trip to Northern California. Please contact us if you have any specific questions:

On the bike related:

- Cycling shorts or bibs - 3-4 pairs
- Short sleeve cycling jerseys - 3-4
- Long sleeve cycling jerseys - 1-2
- Arm warmers
- Leg warmers or tights
- Lightweight vest and jacket
- Under layers like Defeet clothing
- Rain cape or jacket
- Cycling gloves
- Long finger cycling gloves
- Helmet
- Heart rate monitor
- Sun glasses
- Cycling shoes
- Cycling socks - 4-5 pairs
- Small pack for follow vehicle with identification tags
- Bike gearing should be 39x25/27
- Bike is in proper working condition
- Saddle pack with extra tubes, patch kit, tire irons
- Water bottles/energy drink. AthletiCamps supplies drink mixes, but if you have a favorite, we recommend you bring it.
- Bars/gels - same as above. We supply, but bring your favorites
- Sunscreens - even in the off months, Northern California has a very bright days

Off the bike related:

Dress is casual for all the evening dinners.

- Jeans
- Khakis
- Shorts in summer
- Bathing suit, as both the Rocklin Park and Howard Johnson's have hot tubs
- Jacket for time of year
- Sweater
- T-shirts, polo shirts
- Casual shoes
- Workout clothing - if you wish to use the hotel gym

