

Packing List

We strongly recommend packing light - remember you need to move your luggage in and out of 7 hotels. Most of your time is on the bike, so your off-bike clothing can be worn more than one day.

Passport

Be sure to check your expiration date - Israel requires passports to be valid for six months after your departure date

Bike Clothing

- Gloves – one to two pair
- Helmet – **Mandatory!**
Even if you are renting a bike you must bring your own helmet.
- Sunglasses
- Bike shoes if you use them
- Bike shorts – two or three pairs
- Bike Jerseys - two or three
We will give 1 jersey to each rider.
- Bike socks
- Light jacket, arm warmers, leg warmers
it can be cold early in the morning when we start riding

Cycling clothing dries quickly, so you can wash your clothes in the hotel bathrooms and hang them up overnight so you can reuse them.

Other Bike Stuff

- Water bottle or Camelbak (water you carry on your back)
We suggest that everyone carries 2 liters of water.
- 1-2 spare bike tubes
Our mechanics have spare inner tubes, but if you have your own, please bring them - especially if you have smaller tires.
- Simple bike tools (if you have)
- Gel seat (if you want)
- Energy drinks, if you have a favorite drink, please bring them in powdered form. We will provide water and a limited amount of energy drinks at rest stops.
- Bar Map (to hold your cue sheet)

If you are using our rental bikes, please bring:

- Helmet (we do not provide)
- Bike seat you are used to
- Pedals that match your shoes
- Speedometer/GPS

Off-Bike Clothing

- Nice (casual) clothes for Shabbat
- Casual clothing for the evenings-shorts, pants, skirts
- Long sleeve layers for the cool evenings
- T-shirts
- Bathing Suit
- Sleepwear
- Underwear and Socks
- Sneakers/Shoes sturdy sneakers or hiking shoes

Lost and Found:

- Unfortunately, the Israel Ride cannot be responsible for any lost or missing items during the trip, even if you hand them to the staff or crew personally.
- Do not bring anything that is not replaceable. You have a better chance of being reunited with your belongings if they are marked with your name.

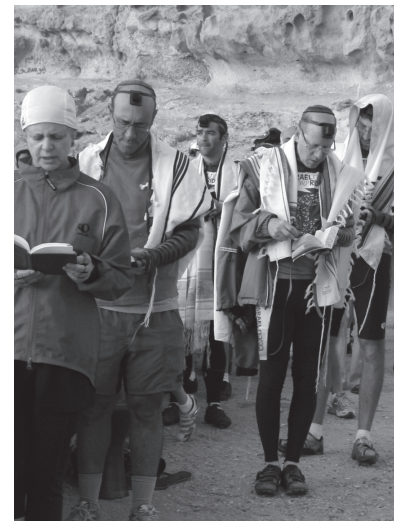
Jewish Stuff

You don't need to bring these, but if you think that at anytime, you may be inspired to use them, you should bring a:

- kippah
- tallit
- tefillin
- siddur

Toiletries

- All medications
- Toothbrush / Toothpaste
- Soap & Case
- Shampoo / conditioner
- Shaving materials
- Hairbrush
- First Aid Kit/Band-Aids
- Aspirin/Advil
- Ear plugs - *all rooms are double occupancy unless you upgrade*
- Butt Balm / anti-chafing cream (you can find it in bike stores)



Cash

We will have bar maps, head sweats, and extra jerseys available for sale. We will only accept US currency, Shekels, or US checks for this merchandise. We also give you the opportunity to contribute to a tip pool for our crew, if you feel you received amazing service on the Ride. Tipping is suggested at \$50-\$150 for the week (we can take US dollars or Shekels).

Credit Card

Please bring your credit card with you. You can use your credit card almost anywhere for shopping and food. Participants who have not completed their fundraising minimum by the Ride must provide a credit card as a guarantee. You will have until December 31st to complete your fundraising – your credit card will not be charged until after this date. If you wish to commit to a higher fundraising level to earn an incentive, you also will be asked to guarantee this with a credit card. Participants who have not reached their minimum will not be allowed to Ride without a credit card guarantee.