

Packing List

Luggage is a heavy issue, as you well know. In order to prevent unnecessary schlepping during the ride, please bring only one suitcase. Remember to pack lightly since you will be bringing your bag to and from your room each night as we travel. If you are travelling before or after the ride, we are happy to store a second suitcase for you that you will only see in Eilat.

If you choose, you can also have a small day bag. This bag will travel with us each day in one of our cars and be made available for you during lunch time.

Bike Clothing

- Gloves – one to two pairs
- 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 jersey(s) - *We will give 1 jersey to each rider.*
- Bike socks
- Jacket, arm warmers, leg warmers
It can be cold early in the morning when we start riding

Other Bike Gear

- Water bottle or Camelbak - *We provide 1 water bottle, we suggest that everyone carries 2 liters of water.*
- 1-2 spare bike tubes – *We provide spare tires and some tubes, but if you have your own, please bring them.*
- Simple bike tools (if you have)
- 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 (*sleeve to hold your cue sheet on your handlebars*)
- **Do not bring a bicycle lock – you do not need it**

Rental Bike Users:

- Helmet (*we do not provide*)
- Bike seat you are used to (*to replace the one on the bike*)
- Pedals, cleats and bike shoes that you use (*bikes come with standard pedals*)
- Speedometer/GPS (*bikes do not have one*)

Off-Bike Clothing

- Limited amount of casual clothing for the evenings- shorts, pants, skirts (*you only wear these for a few hours each night*)
- Long sleeve layers (jacket, sweatshirt) for evenings
- Very light rain jacket
- Nice (casual) clothes for Shabbat
- Bathing Suit
- Sleepwear
- Underwear and Socks
- 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 Items

You do not need to bring these, but if you may feel inspired to use them, please bring:

- kippah
- tallit
- tefillin
- siddur

Toiletries

- All medications you might need on the Ride
- Toothbrush / Toothpaste
- Soap & Case
- Shampoo
- Shaving materials
- Hairbrush
- First Aid Kit/Band-Aids
- Aspirin/Advil
- Ear plugs
- Butt Balm is useful for long distance riding (*you can find it in bike stores*)

Money

- Cash
We will have some items 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-\$100 for the week.
- Credit Card
Please bring your credit card with you. You can use your credit card almost anywhere for shopping and food. We encourage you to notify your credit card company of your travel plans before leaving. Participants who have not completed their fundraising minimum by the Ride must provide a credit card to cover the balance. You can continue fundraising until December 31st. If you wish to commit to a higher fundraising level to earn an incentive, you can guarantee this with a credit card to be kept on file.