**Things to take for Great Ohio Bicycle Adventure (GOBA), 2024**

Wearing/in pockets when leaving

“normal” shorts (with belt loops)

Casual belt

Wallet (with money [$200!], bank cards, IDs including DL and medical card)

T shirt

Socks

1 pair casual shoes

Coin purse

Keys (with extra key ring for car key/fob and bike keys; leave all other keys in car!)

Phone and holster

Apple Watch

Bicycle and related equipment

Bicycle

Tool bag with tools (I won’t name them all), 2 tubes, 1 tire, brake & shift cables

Water bottle

Pump

Light (front, rear)

Helmet

Biking gloves

Fanny pack (will contain wallet, coin purse, lightning and watch cords, 2 cubes)

Large duffle bag

Tent (in bag with stakes, poles)

Sleeping bag (in bag)

Pad for under sleeping bag

Pillow

Chamois and/or roll of paper towels for sopping up water in tent, etc.

Chair

7 bags each (preferably Ziplock) containing:

Underwear

T shirt

Socks

Biking shorts (in as many of the 7 bags as possible, use multiple days as needed)

Bag with paper/book items (ZIPLOCK):

GOBA maps/paperwork/handouts

Small complete Bible

Backpack (use for carrying rain clothes, a few other things, on bike), containing toiletries:

Razor

Sea Breeze (in small bottle)

Shampoo (in small bottle)

Soap (in soap container)

Toothbrush

Toothpaste

Dental floss

Acetaminophen

Cough drops

Papaya enzyme

7 small ziplock bags with fiber powder

Small ziplock bag with 7 each of: simvastatin, vitamin, C, turmeric, magnesium, D3 (2)

Towel

Deodorant

Glasses case

Sunscreen

Solar charger

Bag with miscellaneous clothes and things

Sweatpants

2nd pair of normal shorts

Short sleeved dressier shirt

Sweatshirt

Raincoat

Rain pants

Pant clips (if I need to ride with jeans or rain pants)

Swim trunks and goggles, in separate ziplock bag

Flip flops

1 pair casual shoes

1 pair light shorts

1 extra each of: underwear, T shirt, pair of socks

Standard watch

Cable to charge bike light

Bag to hold dirty clothes (make sure it’s big enough)

**General notes:**

Travel to GOBA start/finish location in car (Eaton OH, Prebble Co. Fairgrounds).

Charging cables include: phone, Apple watch, bike headlight, razor.

Normal showering/clothes changing pattern:

Shower in afternoon when ride finished. Change into normal shorts (jeans if cold enough), clean socks, clean underwear, clean T shirt, casual shoes (pair 1 if dry), sweatshirt if cold enough.

Bedtime: Remove shoes and maybe socks; replace normal shorts with light shorts.

Morning: Replace light shorts with biking shorts (preferably clean ones), socks and shoes from late previous day.