**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.