

Packing List

Luggage Recommendations

- 1 medium/large suitcase
- 1 carry-on bag

Essential carry-on luggage

- Wallet (Credit cards, ID, Insurance card)

Insurance card)
confirmations

- Airline tickets/Travel
- Cell phone & cell phone charger
- Medications & copies of

prescriptions

- Toiletries (Adhere to airline regulations)

General Fitness Items

- Waist belt for phone, ID & insurance card
- Water belt "hydration pack"
- Casual clothing for off days
- Light jacket/sweater
- Swimsuit
- Swim goggles
- Water shoes for lake swim
- Cross-trainer shoes (2 pairs)
- 4-6 short sleeve tees
- 6-8 pairs of athletic socks
- Hat & gloves
- Sunglasses
- Sunscreen

Bicycling Essentials

- 2-3 pairs of padded bike shorts
- 1 high visibility vest
- 1 rain jacket/cycling jacket
- Clear safety glasses for cycling

WHAT YOU WON'T NEED

- Cosmetics
- Fragrance
- Chewing gum
- Insect repellent
- Heavy winter clothing



Exercise Attire:

Lightweight long and short-sleeved tee shirts, yoga pants, running tights, sweatpants or athletic dry fit garments. Consider the added safety of visibility colors for outdoor rides on bike trails. Layering works for cooler mornings, indoor and outdoor sessions. Any needs that come up are resolved with a quick shopping trip.

Women, please wear sports bras with adequate support and modest coverage.

Swim Attire: A one-piece swimsuit not a bikini, with a swimsuit cover-up.

Hair: Must be pulled back out of the face at all times.

Hats: A cap with good sun visor is essential.

Sunglasses: Sunglasses will be needed outdoors.

Bicycle helmet: Provided and to be properly worn during bike rides

Personal Toiletries: Basic skin, hair and dental care including sunscreen.

Sunscreen: Unscented, worn daily and reapplied periodically.