

Graham's Master Rideau Lakes List

For Ride Down
bike
jersey
bike shorts
helmet
sunglasses
bike gloves
bike socks
bike shoes
2 tubes
tire levers
small pump
2 bandaids
CO2 cartridges
phone
phone charger
Garmin
money
ziplock bag
2 full bottles (Gatorade/H2O)
4 gels
2 bagels/power bars

Weather Related
booties
rain jacket
spare socks
arm warmers
cycling jacket
tights
sun screen
salt pills

For Kingston Bag
2 bandaids
tooth brush
toothpaste
floss
deodorant
soap
towel
jersey
bike shorts
bike socks
sandals/casual shoes
runners
underwear
running shirt
shorts/casual pants
casual shirt
more money
phone charger
Garmin charger
extra tube
extra CO2 cartridge
big pump
2 Gatorade
4 gels
Advil



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