

**Mission:** The Dream Team uses the power of a bicycle to assist youth in developing a positive approach to life's challenges.

# The Dream Team Heads for RAGBRAI®

## Always the last full week of JULY

Place the following items in plastic bags before putting them in your carryall bag:

◆ **Sleeping bag and blankets or three blankets or a bedroll**

◆ **Pillow**

◆ **Shower Stuff: (use zip lock plastic bags)**

- Brush
- Comb
- Deodorant
- Shampoo
- Shower shoes
- Soap (bar or liquid)
- Toothbrush
- Toothpaste
- Towel
- Washcloth

◆ **Clothes: (use zip lock plastic bags) Pack each outfit (top, bottom, underwear, socks) in a large zip lock bag. Pack additional items in additional zip lock bags.**

- 5 pairs of regular shorts
- 1 pair of long pants (jeans or sweat pants)
- 7 pairs of underwear
- Girls: 3 sports bras
- 7 pairs of socks
- 1 pair of extra Tennis shoes
- Light jacket or raincoat
- 7 shirts
- Belt (no sagging permitted)
- 1 sweatshirt
- Something to sleep in
- Bike shorts
- Bike gloves
- Swimsuit

◆ **Laundry Bag**

◆ **Safety Pins**

◆ **Protective eyewear for biking**

◆ **Bug Spray**

◆ **Sun Screen**

◆ **Flashlight**

◆ **Tent** (contact a mentor if you do not have a tent)

◆ **Helmet**

◆ **Extra Towels (2)**

◆ **Hat**

◆ **Rain Wear**

◆ **Ear Plugs (optional)**

◆ **Battery Powered Fan (optional)**

◆ **Clothes Pins (hanging laundry)**

◆ **Riding Shoes**

◆ **Water Bottles**

**Please write your name on all items.**

PLEASE NOTE: If you use an inhaler you must keep the inhaler on you at all times – wear a fanny pack or carry in your bike bag. Any medications (prescription or over-the-counter) must be given to a mentor on Saturday before leaving the Register.

Questions? Call your assigned mentor. Updated information will be available by calling the Dream Team message at 284-8282 and enter 3 when the RAGBRAI message starts.