



2017 AHCT *Lake Michigan Challenge*
Saturday, September 9th to Saturday, September 16th

SUGGESTED ITEMS TO BRING FOR THE 2017 ANDEAN HEALTH CYCLING TEAM ADVENTURE

The typical weather in Michigan in early September can be variable, but in general daily temps are in the low to mid-70s with nights in the low to mid-50s.

The best advice is the old motto “be prepared”. That means being prepared for losing items, being prepared for inclement weather, and being prepared for all sorts of annoying disasters that can and will happen.

If you are borrowing or renting a bike for the ride then you will want to bring your own pedals and seat. There is nothing like having to ride on a seat that doesn't fit you for several hundred miles.

Below is a suggested list of items to bring. You can be your own judge on whether you will or will not need any or all of the items. As always, the pleasure of riding will be considerably enhanced with dry, cool, and warm cloths when needed.

1. 2 pairs of sun glasses (keep out the bugs and the sun)
2. 2 pairs of gloves with one pair of long finger gloves
3. 2 bike jerseys
4. 2 pairs bike shorts
5. 2 pairs of bikes socks (or more)
6. Light wind breaker (break the morning cool)
7. Long sleeved light bike shirt
8. Long sleeved warm bike shirt
9. Rain jacket (it will rain!)
10. Bike shoes (maybe an extra pair – riding in wet shoes is a real drag)
11. Chamois crème (if your butt feels bad you'll feel even worse)
12. Arm and leg warmers (for those cold mornings)
13. Fleece jacket or vest
14. Rain pants (long pants)
15. Shoe covers (these do wonders keeping your feet dry and warm)
16. Several one quart zip lock bags (keep your phone dry, store supplements, credit cards, \$'s)
17. Chap stick
18. Two water bottles (maybe a third if you are prone to losing them)
19. A spare set of pedal cleats (you may not be able to buy these in Michigan's Upper Peninsula)
20. Basic tire repair kit/seat pack (we will have tools, bike stands, replacement parts, but always a good idea to have your own basic repair kit with you on the road.)