

## RAGBRAI Equipment List

**Preface:** There is no wrong way to do RAGBRAI. On the one hand "It's *only 7 days*" on the other hand "It's *7 Days!*". This list is a guide and thought provoker. Although it is tailored to people using a charter service (like Pork Bellies); it is a useful read for others camping at RAGBRAI. It is a long list; but all items to think about. It's also not a race to have the most gear. Less can be more.

- 1) You may have some of these items already.
- 2) You might be able to borrow some items from friends ("It's *only 7 days!*")
- 3) Researching and preparing for the adventure can be an enjoyable part of the experience.
- 4) There is a magical efficiency zone that will make your RAGBRAI experience that much more enjoyable. Sometimes a small thing can have a BIG impact.
- 5) You will have an even better list after you complete RAGBRAI.

Category	Sub-Category	Must Have	Optional	Details & Comments
<b>Luggage</b>	Type & Amount	X		<b>Types:</b> You are allowed 2 pieces of luggage. 2 Duffels bags will work out well. I've seen duffles with wheels which look like a good solution. Note that they will take some abuse (Travel on the bus west, plus the daily transport). On the bike: You call. More later...
	Weight	X		Per Pork Belly: "If you can't lift your bag above your head and count to three, it's too heavy. <i>"Our drivers will handle those bags fourteen times, so be empathetic and pack like a pig!"</i> <a href="https://pkbelly.com/content/detail/baggage-limit">https://pkbelly.com/content/detail/baggage-limit</a>
	Identification/Colors:	X		When you arrive at the end town camp, the bags will be laid out according to color. The majority will be BLACK! Having another color makes it easier for you. Also making your luggage unique is a plus! A duct tape flag, special tag, spray paint, you get the idea. Your luggage does not have to match.
	Name Tags	X		Of course you need an identification tag on it. Redundancy can be a good strategy.
	Transport	X		If you get <b>Tent Service</b> , all you have to do is get your bags from your vehicle at the end town onto the bus. Then at the end of the week, pick it up from the organized pile of other bags and get it back to your vehicle for the trip home. <b>W/O Tent Service:</b> In addition to the above, you need to pick it up at the end of the ride each day at the <b>Stupidity Trailer</b> and haul to your campsite. Maybe you stake out a site first, maybe not. The perfect scenario is to be able to walk your bike and all your luggage all in one trip. Same thing but in reverse every morning. Think about it. Pairing up with others may be a good strategy (One person watches the campsite and bikes. The other starts getting the luggage.)
<b>Packing</b>	2 Duffels	X		(1) for clothes and (1) for camping stuff tends to work well.
	Ziploc Bags	X		Put your daily bike kits in Ziploc bags and label. Note that there are theme days if you want to partake (College Jersey day, RAGBRAI day, etc.) Same for your non-riding clothes. Not imperative that you have one outfit per day. Double up to same space/weight.
	Kitchen size garbage bag	X		It starts to get confusing when you have all these things in your duffel bag. You try to be organized but believe me, after Day 1 you'll find yourself unpacking and repacking almost everything each day. Have a plan. Suggest grouping all the soiled bike kits (in their Ziplock bags) into a bigger kitchen sized bag. These could be different colored pillow cases or camping bags also. Just try not to have 30 different bags to sort through each day.
	Garbage sized bag	X		Bring a few rolled up. Many uses: cover your bike at night from dew/rain (especially your seat), Rain poncho, Organizer. Extra protection if it rains.
<b>Tent</b>	Size	X		Since you are not backpacking a mountain, you don't have to be a weight weenie here. Note that tent sizes can be optimistic and backpacking centric. A 2-3 person tent can be comfortable for 1 person with space to organize your stuff and change. Some people do the ultra light, bivy backpacking setup. I've seen couples and families with larger tents that you can stand in. Nothing wrong with a inexpensive tent from Walmart, Dick's, Amazon if this is the only time you will use it. Borrowing a friend's is an option also. Just make sure it's sturdy enough and easy to setup.
	Quality/Price			It should have a rain fly if it rains and the more ventilation the better.
	Other considerations	X		
	Identification		X	Tie a ribbon or other unique feature to make your tent easier to find. Leaving a light on for when you go to the kybo in the dark will help you find your tent when you are walking back in the dark and avoiding tent guy ropes.
	Drop cloth or footprint	X		For under the tent.
<b>Sleeping Bag?</b>	Tent stakes	X		Make sure you have a few extra and can secure both the tent and rain fly to its maximum capability if it gets windy.
	Type	?		It's summer in Iowa, it will be warm. No need for a winter rated bag! In fact a bed sheet for the bottom and a bed sheet for on top of you can work out well for most nights (especially if it is hot). A blanket or a light sleeping bag can get you through any cool nights/mornings. And/or sleep in some extra clothing.
<b>Pillow</b>	Size	X		Your call and based on what you can pack and comfort zone. 1 or 2 camp style pillows can work.
	5	X		Don't lowball this. A good night's sleep is important!
<b>Sleeping Pad</b>	Type	X		Technology has come a long way since you were in the Scouts as a kid. You don't want one of those blow-up, thin, deflates over the night and leaves you on the ground type of solution. Do some research! There are self-inflating mattresses that will keep you comfortable and off the ground all night. Since you don't have to transport it on your bike, you have more flexibility. Thermarest has some great products... <a href="https://www.thermarest.com/">https://www.thermarest.com/</a>
	Size	X		Your call, be comfortable.
<b>Camping Lights</b>	Types	X		Here is what you need lighting for: Getting dressed in the morning and packing up in the dark to semi-dark. Walking to the kybo when its dark. A D-Cell flashlight will work BUT... Think about some other options. An expensive headlamp makes it easier to pack in the morning (getting dressed, getting bike ready). A small rechargeable camping lantern that you can hang from the ceiling is a nice to have solution.
<b>Fan</b>		X		A <u>must have!</u> Shop around for small, rechargeable tent fans (some have lights also). Even consider 2 as a backup if small.
<b>Charging Solution</b>		X		Pork Belly's has 2 or more charging trailers. They each have small and large lockable cubby holes. Note that they lock them up overnight and unlock early in the morning. You will need to supply a small luggage type lock. It's not so much for security; it's more for inadvertently grabbing the wrong phone or whatever. There will be a duplex, 110V outlet. Plan for all the things you need to charge and when. (Before lock-down or after). Have all the USB cords you need. AND the right type! Excessively long cords can make it harder to organize. Think about a USB port extender. Things add up fast! I had the following which I rotated out as needed: Garmin head unit, front light, rear light, Garmin Varia radar, iPhone, small tent lantern, small power brick, tent fan(s), headlamp.
<b>Hygiene</b>	The basics	X		Toothbrush, toothpaste, deodorant, special shampoo?, conditioner?, soap?, etc. (The PB showers have liquid soap and shampoo.) Keep these in a mesh bag or something for organizational purposes.
	Flushable, disposable wipes.	X		Keep some with your camp stuff and some for on the bike. Multiple uses!
	Bug Spray	X		Your choice. The need will vary from end town to end town and the location of your tent.
<b>Misc./Optional</b>	Tarp		X	Something to cover your bike if it rains or if there is dew in the morning.
	Broom & Dustpan		X	A cheap, small, camping broom and dustpan can make it easy to keep the inside tent clean.
	Folding Chair		X	A folding camp chair can be a nice to have item. You've had a great riding day, your tent and camp is setup, you've showered and changed. Now sit back with the beer you got on the way back from the shower and enjoy the scenery and/or make some new friends.
	Clothes pins	X		Clothes pins for securing clothing to your tent to dry in the sun and wind. Better to pack away DRY, soiled clothes rather than WET, soiled clothes.
	Utility cord	X		Use as a clothesline or maybe hang something in the tent. Many uses! Almost as good as duct tape
	Tent stake hammer/Puller.		X	Not essential; but a small rubber mallet with a hook on the end can be useful for installing and pulling out stakes.
	Duct Tape		X	You don't need an entire roll; but multiple "get out of a jam" uses.
	Blue Painters tape		X	Similar to duct tape; but doesn't leave that messy residue afterwards.
	Zip Ties		X	Another "get out of jail free card" in an emergency.
	Small rug for outside the tent		X	A nice way to keep dirt out of the tent. Leave your shoes outside in the daylight. Bring them inside at night.
<b>Bike &amp; On The Bike</b>	Type of Bike	X		Comfort is king! It's not a race. Dependability and reparability trumps your state of the art, super light(fragile), hard to get parts for, super bike. Your call if you even have the choice of picking. A gravel/adventure bike is a good fit. A Tri bike with aero bars is a bad choice and not what you want to ride when it's 6 abreast with novice riders riding through Iowa. You will see ALL types of bikes, recumbents, ellipticals, hand-powered, 10 Speed Schwinn's, fixies, tandems, 3-person triples, etc.
	Helmet	X		You've only got one brain. Protect it! Accidents happen.
	Lights	X		Lights are always a GREAT idea! They are required on the road if you leave early in the dark! You don't need an MTB 1000+ lumen blowltorch. Just enough to be seen and safe. Front & Rear!
	Bike Computer		X	The route is well marked and there will be plenty of other cyclists to follow. When getting to the end town, there are signs to the charter services. There are also maps they publish. If you have one, bring it! to record your ride and all the other info/stuff you are using to having (speed, cadence, map, time, etc.)
	Phone	X		Note that cell coverage may be spotty in sections. Maybe this doubles as a bike computer for you. It's amazing the quality of the photos that phones can take nowadays. Capture the fun and send lots of pics and videos back home.
	Repair kit	X		Inner tube or tubeless plugs depending on your wheel setup, CO2 Cartridges and/or a pump. Tire levers, Multi-tool. "the usual stuff you carry on a long day ride". There is SAG service if you want. Also the roving Air Force cycling team whose mission is to help riders in need. Your call.
	Water Bottles	X		Suggest 2. Every pass through town will usually have a place to refill it for free. This is usually in the middle or at the end of the town. If there happens to be a long stretch between towns and it's hot, think about having a 3rd to fill if needed.
	Hydration Pack		X	Another water option other than or in conjunction with water bottles.
	Supplements	X	X	Whatever you are using: Gu, NUNN tablets, Powdered Gatorade, Enduralytes, Cliff bar, salt tablets, etc. Refueling is key on a long ride. Have a strategy and practice before the big event. Stay Hydrated and fueled!
	Rack		X	Optional depending on what you want to carry and how.
	Packs and or bags	X		Depends on what you are carrying and how accessible you want it. Seat bag?, Top Tube Bag?, Handlebar Bag, Rear rack bag? Some combination with your 3 rear jersey pockets?
	Bike Stand		X	You will be able to find somewhere to lean your bike or lay it on the ground. If that doesn't appeal to you, some people really love their collapsible bike stands. Click-Stand is one brand. Or maybe you have a kickstand already on your bike.
	Sun blocker	X		Err on the safe side!
	Sun glasses	X		Save your energy. No need to squint. You will be riding into the sunrise in the morning.
Chain lube	X		Clean and lube your chain before the ride. It would be a good idea to wipe it down and relube throughout the week. Especially if it gets wet or you do a gravel section!	
Bike Lock		X	Your call. Conservative estimate with easy numbers: 15,000 riders x Avg. bike cost of \$2,000 = \$30,000,000 worth of bikes. Stolen bikes have NOT been an issue at RAGBRAI that I know of.	
<b>Bike Clothing</b>	Jersey	X		Short sleeve jerseys are sufficient for the temperatures you are likely to experience.
	Arm and/or Leg Sleeves		X	Something to consider. A week in the sun can add up! It can be hard to stay on top of having your sun screen not sweat off. Also it may be a nice to have if it is cool in the morning.
	Shorts or Bibshorts	X		If you invest in one piece of cycling specific clothing, this is the #1 thing to buy! Your call... Shorts or bibs. "Once you go bibs you'll never go back." Read up on it. It's a personal preference. Do this before the big event. There is a wide range of prices and brands out there.
	How many kits?	X		Perfect world: one per day. There is a mid-week laundry service which can reduce this number. You can wear your kit into the shower and dry it also. There is a wash sink by the shower trailer for this.
	Chamois Cream	X		Use your favorite brand. Use before you need it! You are part of the cycling cult now!
	Cycling Gloves	X		One pair can be used all week. Not that expensive an investment. You are REALLY part of the cycling cult now! :-)
	Rain Jacket or vest		X	Your call. This can be used for the first hour or 2 if it's cool in the morning. Note that you have to get to the next town if it rains. Depending on how hard it's raining, you may be able to continue riding or wait it out. A big trash bag with cutouts is a low cost option.
	Socks	X		1 pair per day for riding. Take care of those feet! You need them all week.

RAGBRAI Equipment List			
	Cycling Shoes		X Purpose-designed, clip in, cycling shoes are a very, "nice to have" for efficiency. It's not a must. DO NOT buy some clip in shoes and use them for the first time at RAGBRAI! Be VERY comfortable that you can clip in and clip out at will. If in doubt, go clipless. Note that you will be walking with your bike through the pass-through towns. Some cleat designs are more susceptible to small stones than others (Speedplay!). Think comfort. Cleat covers is an option to save wear and tear on your cleats.
	Helmet Hat		X Sounds crazy; but these aren't a bad idea to help knock down that sun. Also when stopped on the side of the road at the beer tent or Mr. Porkchop. A brimmed cap will also work for when off the bike. Da Brim is one brand.
	Cycling Cap (Sweat Solution)		X A nice to have depending on how much you sweat. That salty sweat can sting the eyes. :) Multiple solutions here (Cap, bandanas, sweatband, etc.).
	Baseball cap		X Baseball cap or other brimmed hat. Can be useful when off the bike and at the pass through towns and stops along the way.
	Medication		Varies with everyone. Maybe pack some ibuprofen for minor aches and pains. Allergic to anything? Bee stings? Just plan ahead.
	1st Aid		Maybe some bandages and or foam pads if blisters start to appear. If you have done your training and prep; you shouldn't have any surprises.
	Road I.D.		X Not a bad idea. It's just an identification bracelet with who to contact in an emergency and any medical info. <a href="https://www.roadid.com/">https://www.roadid.com/</a>
Misc.	Pork Belly Venture Info	X	Tons of information here. They also have an app for your phone that you will want to have loaded for the ride. It will have updates, maps, etc. that are handy to have before and during the ride. <a href="https://porkbelly.com/">https://porkbelly.com/</a> <a href="https://apps.apple.com/us/app/pork-belly-ventures/id527940058">https://apps.apple.com/us/app/pork-belly-ventures/id527940058</a>

This training plan was developed by:

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<b>2023 RAGBRAI® L Training Plan</b>					
<b>Week of:</b>	<b>Weekday 1</b>	<b>Weekday 2</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Week Total</b>
February 6 Actual Ridden	5 miles	5 miles	10 miles	-	20 miles
February 13 Actual Ridden	10 miles	10 miles	10 miles	-	30 miles
February 20 Actual Ridden	10 miles	10 miles	5 miles	10 miles	35 miles
February 27 Actual Ridden	10 miles	10 miles	10 miles	10 miles	40 miles
March 6 Actual Ridden	10 miles	10 miles	10 miles	15 miles	45 miles
March 13 Actual Ridden	10 miles	10 miles	10 miles	20 miles	50 miles
March 20 Actual Ridden	10 miles	10 miles	15 miles	20 miles	55 miles
March 27 Actual Ridden	10 miles	10 miles	20 miles	20 miles	60 miles
April 3 Actual Ridden	10 miles	15 miles	20 miles	20 miles	65 miles
April 10 Actual Ridden	15 miles	15 miles	20 miles	20 miles	70 miles
April 17 Actual Ridden	15 miles	20 miles	20 miles	20 miles	75 miles
April 24 Actual Ridden	20 miles	20 miles	20 miles	20 miles	80 miles
May 1 Actual Ridden	20 miles	20 miles	25 miles	20 miles	85 miles
May 8 Actual Ridden	20 miles	20 miles	30 miles	20 miles	90 miles
May 15 Actual Ridden	20 miles	20 miles	35 miles	20 miles	95 miles
May 22 Actual Ridden	20 miles	20 miles	40 miles	20 miles	100 miles
May 29 Actual Ridden	20 miles	20 miles	45 miles	20 miles	105 miles
June 5 Actual Ridden	20 miles	20 miles	50 miles	20 miles	110 miles
June 12 Actual Ridden	20 miles	20 miles	55 miles	20 miles	115 miles
June 19 Actual Ridden	20 miles	20 miles	60 miles	20 miles	120 miles
June 26 Actual Ridden	20 miles	20 miles	70 miles	25 miles	135 miles
July 3 Actual Ridden	25 miles	25 miles	80 miles	25 miles	155 miles
July 10 Actual Ridden	25 miles	25 miles	40 miles	25 miles	115 miles
July 17 Actual Ridden	15 miles	15 miles	10 miles	59 miles	99 miles
Prep week - rest up with easy riding, get packed and travel to RAGBRAI	Optional Ride - depending on your travel plans	Optional Ride - depending on your travel plans	- Bike Checkup - Make sure your bike is working after shipping/hauling to western Iowa	RAGBRAI L Begins!	
Actual Ridden					

<p>July 23-29</p> <p>Here it is - RAGBRAI Time! You have prepared well, enjoy!</p>	<p>RAGBRAI L <i>Enjoy your ride!</i></p>	<p>RAGBRAI L <i>Enjoy your ride!</i></p>	<p>RAGBRAI L <i>Enjoy your ride!</i></p>	<p>RAGBRAI L <i>Enjoy your ride!</i></p>	<p><b>500 Miles!</b></p>			
<p>Prepared exclusively for RAGBRAI® by Coach David Ertl (<a href="http://www.cyclesportcoaching.com">www.cyclesportcoaching.com</a>)</p>								

**Duffel Bag Reference**



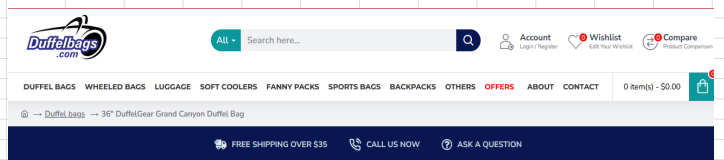
Notice the shoulder straps. I put this on my back and then I can balance the 2nd bag on my bike.



On my 2nd year I got the big hockey bag as a safety cushion for space. I put the 90L Patagonia inside and strapped a luggage buckle around it to compress the size. Both Patagonia bags are 90L.

This is what goes in the bag above:

- Sleep pad
- Tent
- Tent Poles
- Tent Stakes
- Pillow
- Folding Camp Chair
- Trap
- Tent Broom
- Hanging Strap
- Lantern
- Fan(s)



**DuffelGear Grand Canyon Duffel 36"**

★★★★★ Based on 3 reviews - [Write a review](#)

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Day	Hour	Min	Sec

~~\$42.48~~  
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Price in reward points: 760

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- 500 or more -% 15

✓ Stock IN STOCK

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- Model: DFL-36-RED

1669 views

Select Size \*

Select Color \*