



Tour de Cure
American Diabetes Association®

What to Bring

To ensure you are prepared for the Gold Country Tour de Cure, please review this helpful check-list and pack accordingly!

Rider waiver form: Please bring your waiver form completely filled out. Your check-in will be more efficient if you are prepared when you arrive.

Collection Envelope: If you are turning in any donations day of event please bring your collection envelope.

Donations: Don't forget your cash and check donations. Put them in your collection envelope now and then put your envelope with your helmet.

Helmet: You can't ride without a helmet, so don't forget yours!

Cell Phone: We encourage riders to have their cell phone in case they need to call our Command Center or in case of an emergency.

Weather Appropriate Clothing: We ride rain or shine, be sure to pack clothes for any New England weather we might get. Rain coats, sunglasses, sunscreen, layers, etc. Make sure to bring a change of clothes for after the ride.

Medical Supplies: We will have an ambulance on-site and our rest stops will be stocked with basic first aid supplies, but we ask all riders to bring any medical supplies they may need throughout the day (medications, meter/supplies, EpiPen, etc.)

License/ID and Insurance Cards: Just in case, these come in handy in emergencies.

Water Bottle: For carrying, water and Gatorade with you on your bike. *We will provide water and Gatorade at rest stops

Patch Kit: For minor incidents, you can patch up your tires. Mechanics can help with this if needed.

Camera: Photos to capture your memories; photos are also great ways to thank your donors and collect donations in future years.

Money: Lunch is free for all riders and volunteers, however we do ask for a \$5 donation from any of non-riders who would like to join you for lunch after the ride.