

MONTREAL *DOUBLE DOUBLE*

RIDER CHECKLIST

MANDATORY ITEMS

BICYCLE:

- Bicycle in Good Working Order
- Helmet

NUTRITION:

- Pocket Food (some will be provided at start and rest stops)
- Water Bottles (insulated recommended) and/or Hydration Pack

REPAIR:

- Inflation Device
- Multi Tool and/or Tool Kit
- Spare Tubes
- Patch Kit

PERSONAL:

- One medium-sized soft bag to transport to Montreal
- Personal ID
- US & Canadian Money and/or Credit/ATM Card
- Valid border crossing documents

LIGHTING:

- Steady white front light (attached to bicycle) visible from 500'.
- Steady red rear light (attached to bicycle) visible from 300'.
- Flashing red rear light (attached to bicycle) visible from 300'.
- Chargers for lights, if applicable.
- Reflective ankle bands.
- Reflective vest or sash.
- Spare batteries and/or spare bulbs (if lights with filament bulbs are used).
- Spare lights (if lights with non replaceable bulbs are used).
- Bicycle mounted reflectors and/or reflective tape.

SUGGESTED ITEMS

Please note that the Montreal Double Double will be fully supported and we may have some of the following items in the van.

BICYCLE REPAIR KIT:

- Cables
- Lube
- Tires
- Spokes...

RIDER REPAIR KIT:

- Ace Bandages
- Baby Powder
- Band Aids
- Bug Spray
- Butt Cream
- Pain Reliever
- Hand Cleaner
- Hand Sanitizer
- Heat Packs
- Ice Packs
- Sun Block
- Tissues...

OTHER:

- Area Maps
- Bell or Horn
- Camera
- Cell Phone & Charger
- Dog Repellent
- Duct Tape
- Electrical Tape
- Extra Cycling Clothing
- Fenders
- Hand Cleaner/Sanitizer
- Pen and/or Pencil
- Power Strip
- Rags and/or Paper Towels
- Rear View Mirror
- Small Note Pad
- Street Clothes
- Tissues
- Toothbrush
- Toothpaste
- Walking Shoes
- Zip Lock Bags
- Zip Ties

OTHER NOTES

Each rider will be allowed one medium-sized soft bag for us to transport to and from Montreal. Please note that this bag may not be available except at the start and finish of each riding day. Riders will also be given a 12-15 quart plastic tote to fill with items to access during the rides from the on-road support van. Only items that fit completely in this tote with its lid closed will be taken. Anything that does not fit, will be transferred to your overnight bag in the gear shuttle van, or if it doesn't fit in that bag either, will be left behind. **THERE WILL BE NO EXCEPTIONS!** All bags must also have an ID tag on them with your name, address and phone number.

There will be at least two rest stops on each riding day and as many as five. Rest rooms will be available and we'll provide snacks and drinks at each stop. Please keep in mind that the on-road support vehicle can't be everywhere at the same time, and if we get a large group that spreads out, riders may be on their own for extended periods. Please prepare for this ride carefully and make sure you have everything you need to be self sufficient during those periods. There are also several long stretches that will have limited services, so restocking on the road may be difficult in some areas.

Also be prepared for the border crossings. Make sure you have everything you need to cross into Canada and back into the US. For up to date requirements, go to the US Customs and Border Protection website at: www.cbp.gov. If you are denied entry into Canada or the US for any reason, we can not take any responsibility whatsoever. We'll try to help resolve any situations to the best of our abilities, but our main duties lie with getting the group to the finish of each day's ride.

The weather will most likely be hot and humid, with a chance of afternoon thunderstorms and early morning fog. The wind is usually from the south or the west in the summer but can come from any direction.

Don't forget civilian clothes and a clean bike outfit for the return, and please do not use hotel towels to clean your bike.