

## **Help! What should I pack for DMFTC?**

For cycling:

- Bring your roadbike, the nearest rental is 30 miles away in Alpine TX with limited store hours
- Optionally bring a mountain bike for riding on ranch property roads
- Three spare tubes, portable air pump CO2 cartridges, and patch kit
- A spare tire in case of a blowout.
- Tools – tire levers and allen wrenches (for your seat post, bottle cages, etc.)
- Floor air pump
- Hydration water bags or two water bottles
- Nutritional supplements - energy bars and gels, etc.
- Riding equipment – gloves, shoes, helmet (helmets are required by our insurance)

For other activities:

- Running, walking, and hiking shoes
- Swimsuit, goggles, aqua jogging belt or vest, kick boards, and pull buoys
- Liquid replacement drink/powder and favorite snack/power foods
- Snorkel, mask, aqua shoes, floats for Balmorhea State Park pool outing
- Hat, sunglasses, sunscreen, ice chest
- Canteen, fanny pack/knapsack, hiking/walking stick, binoculars, family radios
- Light jacket/sweater/long-sleeved shirt for possible cool nights
- Warm-ups for cool mornings
- Lightweight rain gear for mountain rain showers
- Soap, shampoo, tissues, other toiletries
- Tent or RV campers: bring ALL things you need for camping, including linens
- Yoga mat (non-slip), yoga kit (mat, blocks, strap), and mat for outdoor exercises
- Clothesline and pins for drying wet gear
- Alarm clock, camera
- Flashlight, headlamp for night and early morning use
- Lawn chair or camp stool
- Dance and dinner wear (casual clothing)
- Props and costumes for camp skits
- Campers with special dietary needs: foods/snacks compatible with food requirements
- Coffee maker
- Fly swatter, fly paper, insect vacuums, Venus fly-traps, or any other anti-fly devices