

Ride Start Food Supplies

Group A – cold weather

- Water – 5 to 6 gallons
- Sport Drink – 5 to 6 gallons
- Ice – two bags
- Cookies – 2 to 3 packs
- Bananas – 25 to 30
- Bread – at least one full loaf
- Peanut Butter – at least one full jar
- Jelly – at least one full jar
- Pretzels and/or Trail Mix

Group B – springtime / fall weather

- Water – 12 to 16 gallons (two coolers – $\frac{3}{4}$ to full each)
- Sport Drink – 12 to 16 gallons (two coolers – $\frac{3}{4}$ to full each)
- Ice – four 10-pound bags
- Cookies – 3 to 4 packs
- Bananas – 30 to 40
- Bread – at least two full loaves
- Peanut Butter – at least one full jar
- Jelly – at least one full jar
- Pretzels and/or Trail Mix

Group C – Summertime – hot weather

- Water – 18 to 20 gallons
- Sport Drink – 18 to 20 gallons
- Ice – four 10-pound bags
- Cookies – 3 to 4 packs
- Bananas – 40 to 50
- Bread – two or three full loaves
- Peanut Butter – at least one full jar
- Jelly – at least 2 full jars
- Pretzels and/or Trail Mix

Ride Start Non-Food Supplies

- Map Case
- Megaphone (usually in the map case – check to make sure)
- First Aid Kit
- Ice Chest for food supplies
- Utensils (should be stored in the ice chest)
- Paper towels (at least one roll - should be stored in the ice chest)
- Signs