



The Ulman Cancer Fund
for Young Adults

Gear Guide

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Overview

With the help of 4K Alumni, we have compiled a comprehensive list that overall recommends packing minimally and light for the 4K for Cancer. During your trip there will be many opportunities to pick up items that you may have forgotten or need to re-stock. **Participants will need to fit everything in one UCF provided duffle bag (3ft x 12in) and one standard size backpack (10in x 16in x 24in).**

Participants should use their duffle bag to carry their clothing, sleeping bag, sleeping pad, and extra gear, and reserve their back pack for personal electronics, camera, and other smaller items they bring or purchase along the way.

While going through this list, it may not sound like a lot to bring with you for 70 days or even 49 days, but keep in mind you are usually always wearing your cycling or running gear and you will end up buying some items along the way. You will have to pack your duffle bag every morning, as well as load and unload the duffles daily from the van. If you pack too much you may find yourself shipping stuff home on a rest day.



General Packing List

The following list contains information about different items staff and alumni have found helpful for both cyclists and runners on the 4K. Some items are required and others are optional.

Required or Provided

- UCF Duffle Bag
- 2 4K shirts (one long sleeve and one short sleeve)
- 1 4K sweatshirt
- 1 pair of closed toe shoes

Highly recommended

- Sleeping bag
- Sleeping pad
- Towel
- Toiletries
- Pillow
- 2-3 pairs of underwear
- 1-2 t-shirts
You will buy shirts along the way, from points of interest and National Parks, and we encourage participants to wear their 4K gear most of the time to help spread awareness.
- 1 pair of non-athletic shorts
Jean or khaki shorts are great to have for service events and community dinners.
- Socks (lots)
Socks inevitably get lost, bring a bunch. *Riders, you don't need cycling specific socks, athletic socks will do, it's really personal preference.
- 1 pair of sandals or flip-flops
Rubber flip-flops are best so they can double as shower shoes.
- 1 bandana or hat
For sun protection.

Recommended

- 1 pair of sweatpants or leggings
Good for air-conditioned hosts.
- Sunglasses

Personal Preference

- Dry bags
- Compression bags
- Laptop/Tablet - for blogging!
- Camera
- 1 swim suit
- 1 sundress
Nice to have for non-service rest days.
- 1 pair of pants
Nice to have for cooler nights and rest days.

Resources

Highly Recommended

▶ Sleeping bag

Even though it is summer, you want to make sure that you are using a sleeping bag that will keep you warm if you are in the mountains or at a host that has A/C. You also want to make sure that the sleeping bag you use is compact - remember it has to fit in your duffle bag. We recommend a 3 season sleeping bag.

Check out the following links to find a sleeping bag that will work for you:

<http://www.rei.com/learn/expert-advice/sleeping-bag-backpacking.html>

<http://www.outdoorgearlab.com/Backpacking-Sleeping-Bag-Reviews>

▶ Sleeping pad

Participants will be sleeping at a host every night and most often will not have beds. Even you feel like you will be ok without a sleeping pad, we recommend you purchase one. It will make sleeping on the floor for weeks a much more comfortable experience. Sleeping pads will also act as a layer of insulation between you and the ground when your team camps.

When purchasing a sleeping pad we recommend you look for one that packs down very small. These are usually not self inflating, but will save you a lot of space for other necessities. There are tons of different types and styles, the trick is finding one that is compact and that you will find comfortable.

Check out the following links to find a sleeping pad that will work for you:

<http://www.rei.com/learn/expert-advice/sleeping-pads.html>

<http://www.outdoorgearlab.com/Sleeping-Pad-Reviews>

▶ Towel

You will need a quick dry towel so you don't have to put a wet towel back in your bag in the morning, trust us.

<http://www.rei.com/c/camp-towels>

<http://www.backcountry.com/camp-towels>

▶ Toiletries

Buy small toiletries because you will have plenty of opportunity to restock along the way. Dr. Bronner's (which you can find at REI, Target, or Trader Joes) is a multi purpose biodegradable soap. It's great for those times when a lake or river is all you have to wash off in, and it doubles as laundry detergent. If you have to wash your clothes in a sink, the Zote bar is also really effective.

Dr. Bronner's Magic Soaps

<http://www.drbronner.com/>

Zote Bar

<http://www.walmart.com/ip/Zote-Pink-Laundry-Soap-14.1-oz/16935505>



▶ Pillow

Many people bring a camping pillow or make a small homemade pillow. If you don't have room for one, at least bring a pillowcase - you can easily put your 4K sweatshirt inside and make your own pillow.

Personal Preference

▶ Dry bag

This is most useful for your toiletries - last thing you want is your shampoo or toothpaste to explode all over the inside of your duffel. It's also great to have dry bags in case you have a clothing item that hasn't fully dried by morning, because then you can keep it from getting everything else in your bag wet.



Check out the following links to find a dry bag that will work for you:

<http://www.theclymb.com/stories/buying-guide-item/how-to-buy-a-dry-bag/>

<http://www.rei.com/c/paddling-bags-and-cases>

▶ Compression bag(s)

These are extremely useful for making extra room in your duffel to make sure everything fits. Note that Compression bags come in all different sizes and some are even waterproof - these features normally dictate the price. Do not get vacuum bags; you will not always have access to a vacuum to take the air out.

Check out the following links to find a compression bag that will work for you:

<http://askbaz.wordpress.com/faqs/choosing-a-compression-sack/>

<http://www.backcountry.com/stuff-compression-sacks>

<http://www.rei.com/c/compression-sacks>



► Laptop or Tablet

These will allow you to blog during your trip and should definitely be packed in your backpack, not your duffle. Talk with your teammates about their plans to bring a laptop or tablet, not every person needs to bring one.

Keep in mind you will not always have internet. However, sometimes you may be able to find free wifi in local restaurants and coffee shops.

► Camera

Many participants use their smartphones to take pictures, however some choose to bring their own camera. Please remember that anything you bring on the 4K can possibly get lost or broken, so you may not want to bring your expensive professional camera. If you chose to bring a camera, we recommend bringing extra memory cards, because there may not be sufficient opportunities to clear your card.



Running Packing List

The following list contains information about different items staff and alumni have found helpful while participating in the 4K run. Some items are required and others are optional. When seeking out new gear it should be reflective or have reflective components when possible.

Required or Provided

- 3 4K & Ulman running jerseys
- 2 pairs of sneakers
- 1 water bottle
- Road ID
- Reflective band

Highly Recommended

- 3-4 pairs of running shorts
- Cell phone case

Recommended

- Light wind or rain jacket

Personal Preference

- Athletic tape
- Pre-wrap



Resources

Required

▶ 4K & Ulman running jerseys

The Ulman Cancer Fund for Young Adults requires all 4K participants to wear one of the jerseys we supply while on the road. Each runner will be supplied with 3 jerseys: 1 training jersey, 1 Ulman Cancer Fund jersey and 1 team specific jersey.

▶ 2 pairs of sneakers

Each 4K runner will receive two pairs of sneakers courtesy of the Ulman Cancer Fund. Runners will be given a list of shoe styles available to select from. Runners will be eligible to receive their first pair after reaching \$1,000 in fundraising.

▶ 1 water bottle

Each day runners will need to stay hydrated. There will be coolers of water within each van, but runners will need a water bottle for their personal supply.

▶ Road ID

All runners are required to wear their issued Road ID in order to run each day. These will be ordered in the spring, and distributed during orientation.

▶ Reflective band

All runners are required to wear their provided reflective band in order to run each day. These will be distributed during orientation.

Highly Recommended

▶ At least 3-4 pairs of running shorts

Each runner will be given 2 pairs of running shorts courtesy of UCF. Runners should use these and bring an additional pair or two of their own. Shorts should be blue, black, or yellow to be consistent with UCF branding and colors.

▶ Cell phone case

At least one person in each running pair is required to carry a cell phone while on the road. Look for a sweat resistant and shock proof case. If possible, an armband is best to stay hands free.

Recommended

▶ Light wind or rain jacket

A light wind/rain jacket, a soft windbreaker, or some sort of extra layer is nice to have, especially for chilly mornings or windy conditions. The top three things to consider when selecting a jacket are wind, water resistance, and visibility. Select a brightly colored jacket, and avoid black or navy.

Personal Preference

▶ Athletic tape

Runners may encounter injuries over the course of their summer, in order to be better prepared we recommend bringing a couple rolls of athletic tape for injuries.

▶ Pre-wrap

Great for headbands and to use as a base layer under athletic tape.

Rider Packing List

The following list contains information about different items staff and alumni have found helpful while participating in the 4K ride. Some items are required and others are optional. When seeking out new gear it should be reflective or have reflective components whenever possible. Check out www.RacePace4K.com for more information on discounts they can provide for cycling gear.

Required

- 4K & Ulman cycling jerseys
- Helmet
- Bike lights
- Road ID
- Reflective band

Highly Recommended

- Cycling shoes
- Pedals
- 3 Pairs of cycling shorts
- 1-2 water bottle cages
- Rain jacket

Recommended

- Hydration backpack
- Cell phone case
- Tire levers
- Multi-Tool
- Seat pouch

Personal Preference

- Bike seat
- Fingerless gel gloves
- Soft shell cycling jacket
- Leg and/or arm warmers
- Sun sleeves
- Chamois Butt'r



Resources

Required

▶ 4K & Ulman cycling jerseys

The Ulman Cancer Fund for Young Adults requires all participants to wear a 4K issued jersey while riding. Each rider will be supplied with 3 jerseys: 1 4K Jersey, 1 Ulman Cancer Fund Jersey and 1 team specific jersey. Riders will have the opportunity to order extra jerseys if they choose.

▶ Helmet

All 4K participants are required to wear a bicycle helmet when riding. All helmets must be CPSC approved, fit each rider correctly, and be worn properly, see photo below. If a helmet that is more than 3 years old, does not fit properly, or is cracked, it should be replaced.

There are two basic styles of helmet, road and mountain. Road bike helmets are lightweight, have generous ventilation, and are aerodynamically designed for road racing. Mountain bike helmets are designed to ventilate well at low speeds and are often distinguished by their visors and enhanced rear-head coverage. Style is completely up to the rider, but the general rule of thumb is to get something you like and that is comfortable.

Helmet buying tips:

- ▶ Get a helmet that meets the Consumer Product Safety Commission standard. Look for a CPSC sticker inside the helmet or on the box.
 - ▶ Don't buy unless you can try it on first. It shouldn't feel tight or uncomfortable. The salesperson can fit your helmet with different sized foam pads to match the shape of your head.
 - ▶ If you plan to tour, race, trail ride, or commute long distances in hot weather, cooling is very important.
 - ▶ Look for a light-colored helmet with plenty of ventilation.
- Be careful with your helmet. Toxic solvents, grease, paints or stickers may ruin the shell.



Road Bike helmet

▶ Bike lights

All riders are required to have front and rear working lights. The front light should be white and a minimum of 100 lumens. The rear light should be red and a minimum of 45 lumens. We recommend rechargeable lights instead of battery operated. If you do purchase battery operated lights, bring lots of extra batteries.

▶ Road ID

All riders are required to wear their issued Road ID in order to ride each day. These will be ordered by UCF staff in the spring, and distributed during orientation.

▶ Reflective ban

All riders are required to wear a reflective band on their left ankle in order to ride each day. There will be ordered by the UCF staff and distributed during orientation.

Highly Recommended

▶ Cycling shoes

We highly encourage participants to invest in a pair of cycling shoes because they allow for 60% more efficiency when pedaling. Cycling shoes are also designed to have stiffer soles than sneakers to allow for a more efficient energy transfer when you pedal. The stiffer soles will protect your feet while riding by offering more support. A single pair of cycling shoes can last for the duration of the trip.

When choosing cycling shoes, it is important to get a pair that fit correctly. Cycling shoes are meant to fit snug so your feet won't slip around while pedaling. Wear socks you plan on riding in when going to get fitted. There are many styles, brands, and types – make sure you find a pair that matches the pedals on your bike.

We recommend mountain biking shoes- they allow you to walk around more easily when you get off of your bike at water stops because the cleats are recessed. Road shoes don't have recessed cleats, so after awhile you will have to replace the cleat portion of the shoe which can be more expensive. Two brands that come highly recommended are Shimano and Bontrager - they have a fit guarantee.

Race Pace staff are happy to help anyone who needs recommendations or help figuring out their shoe size. They have a ton of options and will also work with you to make sure you leave the store with everything you need. Check out www.RacePace4K.com for more information on discounts they can provide.

▶ Pedals

If you decide to get cycling shoes, pedals are a must! Just make sure whatever pedals you get match up with the cleats on your shoes. There are two kinds of pedals. Dual-sided pedals allow you to clip in on both sides and single sided pedals clip on one side and have a flat side for regular shoes. Having clips on both sides makes it easier to clip in, while single sided pedals will allow you to wear any kind of shoe while riding after the 4K is over.

Just like with shoes, there are many kinds of pedals. Beginners tend to prefer a dual-sided pedal with a wider pedal platform so they have something to stand on if they are unable to clip in right away. We recommend when purchasing your pedals you have your bike and shoes with you, so wherever you purchase from can install them for you and you can practice clipping in and out prior to leaving the store.

We recommend SPD pedals which are relatively cheap and work with mountain bike shoes.

▶ 3 pairs of cycling shorts

Cycling shorts are spandex and have padding that helps reduce friction and make for a more comfortable ride. The legs are typically a longer cut to prevent saddle chafing. Make sure you purchase cycling shorts and not triathlon shorts because triathlon shorts usually have significantly less padding.

We recommend riders bring at least three pairs of cycling shorts. Pearl Izumi, Bontrager, Castelli, and Louis Garnueau are all great brands. The price of shorts is based on the brand and the amount of padding they offer- if you get very cheap shorts, you will be sore after a few hours of riding. Please stick with black or royal blue to keep with the UCF colors and branding.

***Don't put your shorts in the dryer - they will wear out very quickly.**

▶ 1-2 water bottle cage(s)

All riders need to stay hydrated throughout the day. There are different types of cages that can hold specific cycling water bottles or those that can hold a variety of bottle sizes. Look into insulated water bottles; it will keep the water colder longer.

▶ Rain jacket

A rain jacket is nice to have, especially for raining days in the mountains. The top three things to consider when selecting a jacket are wind, water resistance, and visibility. Select a brightly colored jacket, and avoid black or navy.

Recommended

▶ Hydration backpack

These are useful for riders during longer days and high heat days. They will also keep your water a bit cooler than a water bottle. You can earn a hydration backpack from UCF when you raise \$7,500 as part of our incentive gear!

▶ Cell phone case

Water proof and shock resistant cases are good to have, to protect your phone from sunscreen, rain, sweat, and inevitable drops on the ground.

▶ Multi-Tool

This is used to adjust and tighten various parts of your bike, as well as to install water bottle cages and frame pumps.

▶ Tire levers

Tire levers are used to remove tires from the rim when changing the inner tube in the event of a flat. We recommend getting two plastic tire levers, you will have flats to change.

▶ Seat pouch

These go right under your saddle and are perfect for carrying spare tubes in case of flats, tire levers, snacks, and a multi-tool in case you need to adjust something on your bike.



Personal Preference

▶ Bike seat

The stock saddles on most bikes aren't meant for long distance riding. If you feel any discomfort or pain while training on the stock seat - change it. We recommend trying out different seats to find what will be the most comfortable for you during your 70 day journey.

Girls - We recommend Terry, specifically the butterfly saddle and the liberator as they are made specifically for females.

Guys - Try looking for a seat that has a channel or cut in it for relief. One brand we recommend is Top Seats.

Find a local bike shop and have them install your seat for you. Most have a 30-day comfort guarantee, so you can ride it during that time to see how it feels.

▶ Fingerless gel gloves

If you want gloves these are the kind to get, they will prevent your hands from getting sore and protect your hands if you fall.

▶ Soft shell cycling jacket

A cycling jacket, soft windbreaker, or some sort of extra layer is nice to have, especially when climbing the Rockies. The top two things to consider when selecting a cycling jacket are...will it keep you warm and will it keep you dry? If you get one that does both of those things, you won't also need a lightweight rain jacket. Again keep visibility in mind - do not bring a black or dark colored jacket.

▶ Leg and/or arm warmers

If you are someone who gets cold easily, you may want to consider arm and/or leg warmers - especially when climbing mountains when the temperature drops. They provide a little extra warmth while taking up minimal space in a jersey pocket or seat pouch.

▶ Sun sleeves

Both vans will carry sunscreen and participants will be required to wear sunscreen during the trip. For individuals who burn easily we recommend you wear a lightweight long sleeve shirt or sun sleeves under your jersey to protect your arms. These will help you avoid sunburn and overexposure to the sun.

▶ Chamois Butt'r (or other products like it)

When you start training and preparing for the 4K, pay attention to how you feel in the saddle - if you find yourself experiencing a lot of discomfort or a lot of chafing, then you may want to look into Chamois Butt'r. These products are designed to help prevent uncomfortable rubbing and chafing that many cyclists experience while riding.

<http://chamoisbuttr.com/>

