



ULMAN

4K FOR CANCER

GEAR GUIDE



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Overview

We have compiled a comprehensive list to help you pack for your 4K for Cancer trip. We recommend 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 Ulman 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. We recommend that participants 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.



Gear 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.

Provided

- | | |
|---|---|
| <input type="checkbox"/> Ulman Duffle Bag | <input type="checkbox"/> (2) 4K Shirts- (1) Long Sleeve, (1) Short Sleeve |
| <input type="checkbox"/> 4K Sweatshirt | |

Required

- | | |
|---|---|
| <input type="checkbox"/> Towel- Quick Dry | <input type="checkbox"/> (1) Pair long pants (jeans or Khakis- for service events) |
| <input type="checkbox"/> Toiletries | <input type="checkbox"/> (1) Pair sandals/ flip flops (rubber are best for showering) |
| <input type="checkbox"/> Socks (lots) | <input type="checkbox"/> (1) Pair closed toe shoes- (for service events) |

Highly Recommended

- | | |
|---|---|
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> (2-3) Pairs Uderwear |
| <input type="checkbox"/> Sleeping Pad | <input type="checkbox"/> (1-2) T-Shirts (you'll buy more along the way) |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> (1) Pair non-athletic shorts (jean or khaki) |
| <input type="checkbox"/> (1) Bandana or Hat | <input type="checkbox"/> (1) Pair long pants (leggings or sweatpants) |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> (1) Swimsuit |

Personal Preference

- | | |
|---|---|
| <input type="checkbox"/> Dry Bags | <input type="checkbox"/> Laptop/ Tablet |
| <input type="checkbox"/> Compression Bags | <input type="checkbox"/> (1) Sundress |

Resources

Highly Recommend

➤ **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 though you may feel like you will be okay 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>

➤ **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.

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

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 duffle. 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 duffle 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://www.backcountry.com/stuff-compression-sacks>

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

Laptop or Tablet

This 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.

Runner 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) Ulman Jerseys
- ☐ (2) Pairs of Sneakers
- ☐ (1) Water Bottle
- ☐ Road ID
- ☐ Reflective Band
- ☐ (2) Ulman Running Shorts + additional (1-2) pairs









Recommended

- ☐ Wind Breaker or Rain Jacket
- ☐ Flip Belt or Phone Case





Each team will be provided with a trainer bag that includes: Athletic tape, Pre wrap, Foam rollers, Rolling sticks, Tennis balls (for rolling) etc. You're welcome to bring your own roller, however it is not necessary. If you choose to bring your own it **must** be able to fit in your duffle.

Required

-  **Ulman Running Jerseys**
Ulman Foundation requires all 4K participants to wear one of the jerseys we supply while on the road. Each runner will be supplied with 3 jerseys.
-  **2 pairs of Sneakers**
Each 4K runner will receive two pairs of sneakers courtesy of Ulman. Runners will be given a list of shoe styles available to select from. Runners will be eligible to receive their first pair after reaching \$1,500 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.
-  **Running shorts (3-4 pairs)-** Each runner will be given 2 pairs of running shorts courtesy of Ulman. 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 Ulman branding and colors.

Recommended

-  **Flip Belt or 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 or Flipbelt is best to stay hands free.
-  **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.

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.

Required

☐ Ulman Ride Jerseys (3)

☐ Helmet

☐ Road ID

☐ Reflective Band

☐ Bike Lights (Road)

☐ Tire Levers

☐ Multi Tool

Highly Recommended

☐ Rain Jacket

☐ Pedals

☐ (1-2) Bottle Cages

☐ Saddle Bag

☐ Cycling Shoes (mountain)

☐ (3) Pairs of cycling shorts

Personal Preference

☐ Hydration Backpack

☐ Bike Seat

☐ Fingerless Gloves

☐ Leg or Arm Warmers

☐ Chamois Butt'r

☐ Windbreak/ Rain Jacket



Required

▶ **Ulman Cycling Jerseys**

Ulman Foundation requires all participants to wear a 4K issued jersey while riding. Each rider will be supplied with 3 jerseys.

▶ **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. 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.

▶ **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 Ulman staff in the spring, and distributed during orientation.

Reflective Band

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

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, as you will have flats to change.

Highly Recommend

Saddle Bag

These go right under your saddle and are perfect for carrying spare tubes, tire levers and a multi-tool

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 a while you will have to replace the cleat portion of the shoe which can be more expensive.
- Two brands we highly recommended are Shimano and Bontrager - they have a fit guarantee.

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.

- 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.



Cycling shorts

Cycling shorts are spandex and have padding that helps reduce friction and make for a more comfortable ride.

- Make sure you purchase cycling shorts and not triathlon shorts because triathlon shorts usually have significantly less padding.
- Pearl Izumi, Bontrager, Castelli, and Louis Garneau 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 Ulman colors and branding.
- *Don't put your shorts in the dryer - they will wear out very quickly.



Water Bottle Cages

All riders need to stay hydrated throughout the day. Bike shops and amazon have great options. 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.

Personal Preference



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.



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 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. Pearl Izumi makes great fingerless gloves.

➤ **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 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 saddle bag.

➤ **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.

